

AUGUST



35c

TOMORROW'S **TM** AN

ACME

THE MAGAZINE OF
SUCCESSFUL BODYBUILDING

HOW
TO
TRAIN
DURING
SUMMER





THOUGH
only 5' 6½", 160
lbs., Pat
Falcon, 19, is,
nevertheless a
"giant" of mus-
cular shape
and power. He
has a 47"
chest, 16¾"
arms, 28½"
waist and bench
presses 370
lbs.! Pat also
excels in
high school
wrestling, as
well as swim-
ming and div-
ing. Photo by
WEBER.

TOMORROW'S TMAN

REG. U. S. PAT. OFF.



JOE GENOVESE: Editor

Vol. VIII

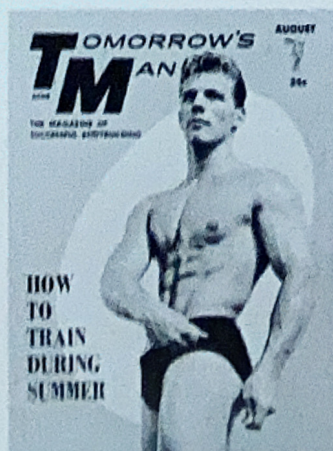
AUGUST 1960

No. 9

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the magazine of successful bodybuilding



MAN on the FRONT COVER

THIS is Bob Hoyer's third appearance on the Front Cover, and the reason is obvious—his sensational physique is guaranteed to please every time. Photo by BOB ANTHONY.



MAN on the BACK COVER

SINCE his appearance on the July '59 Front Cover, Len Colletti looks better than ever, as you can see in this latest photo taken by MODERN CLASSICS.

TOMORROW'S MAN is published monthly by TOMORROW'S MAN PUBLISHING CO., INC., 150 Lafayette St., New York 13, N. Y. Subscription rates are \$3.50 per year for 12 issues. All manuscripts, photos and art submitted become the property of TOMORROW'S MAN and submission of material will be construed as permission to publish same without further correspondence. No material contained herein may be reproduced in any manner except by written permission. Foreign subscriptions (except Canada): \$4.50. FOR CHANGE OF ADDRESS: Send post card to address above, listing your old and new addresses. ALL TM rights reserved under International and Pan-American Copyright Conventions. © 1960 by TOMORROW'S MAN PUBLISHING CO., INC.

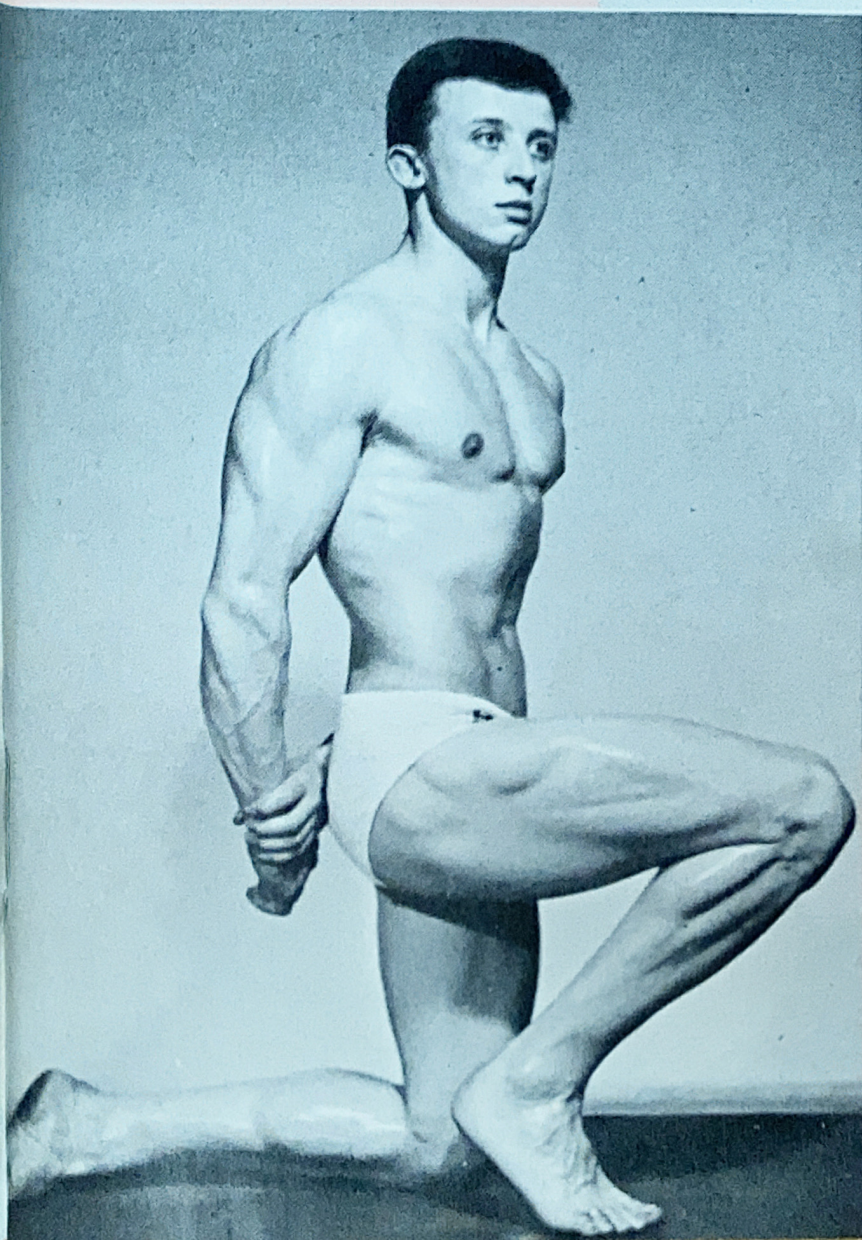
CLASSICALLY-built member of the U. S. Air Force, **Joe Herron**, has a 44" chest, 28" waist and 16" arms. He is 21. Photo by **WEBER**.



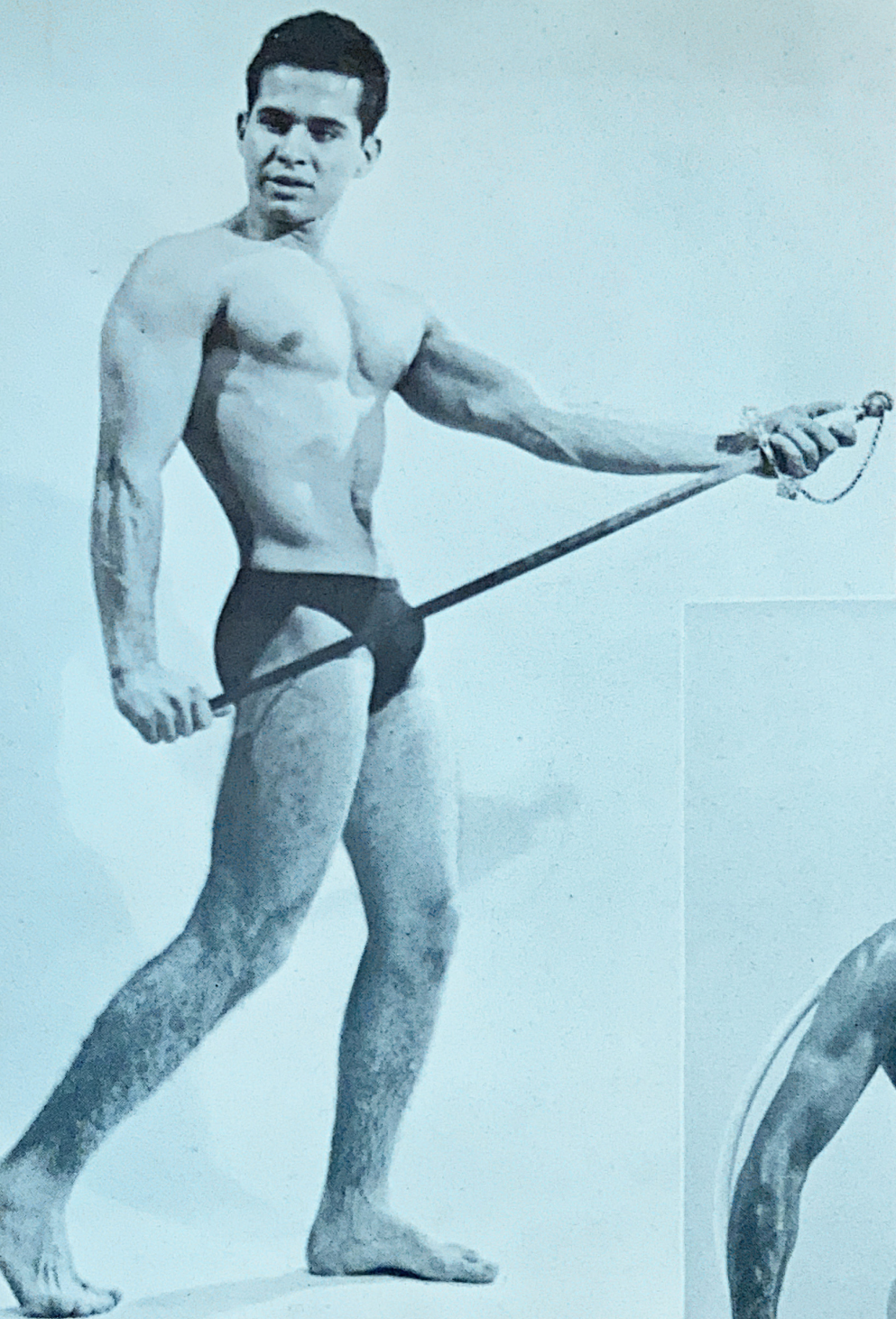
THIS unusual pose is effective only because **Frank Renault**, 19, has a trim, pleasing type of build. Photo by **APOLLO**.



BARBELLS and a sensible system of training has developed this rugged, shapely body for **Domingo Diaz** (at right). You can get similar results by following his example. Photo by **OLYMPIA**.



WINNER of the "Criterion of Hopes" physique contest, tall man class, was won by **Bernard Chareyron** (at left) with his superb body. Photo by **ARAX** of Paris.



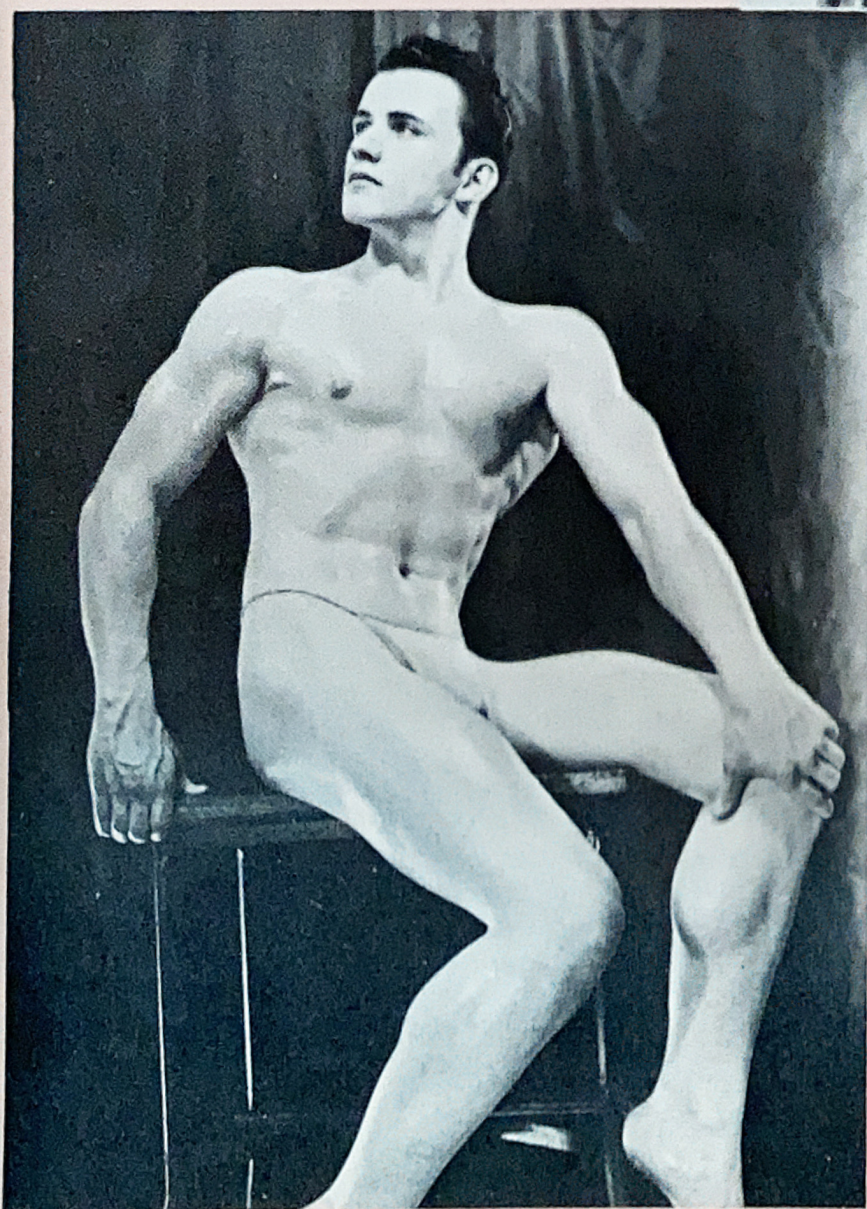
RISING rapidly in the ranks of body-building is "Sammy" (at left). His deep chest and slim waist are particularly outstanding. Photo by **WILLARD**.



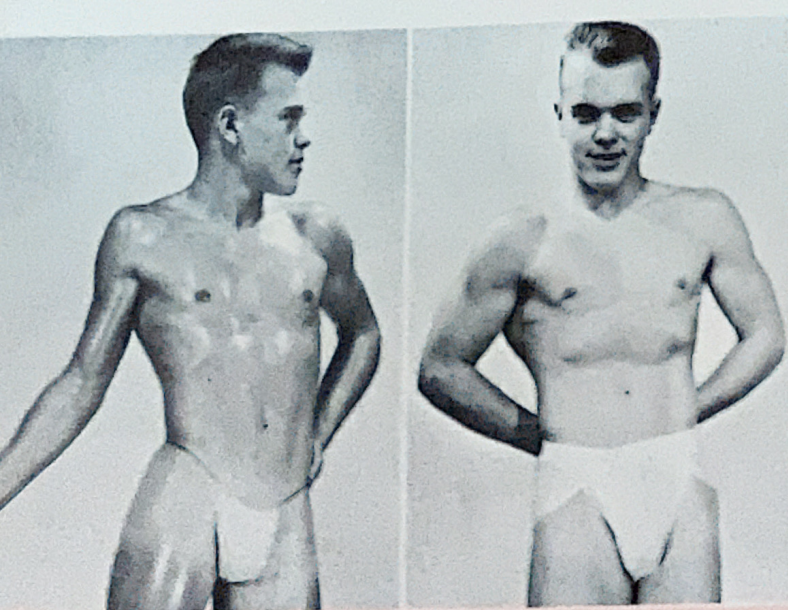
WEIGHT training is the way **Ken Lee** (at right) is shaping his physique to championship proportions.

Ken is 21 and is already impressively-built. Photo by **BOND**.

BUILT along the lines of the classic physiques of ancient Roman statuary is **Ugo Refrancore** (at right). Note his fine abdominals, chiselled to perfection. Photo by **PEPPINO**.



ACHIEVING the status of a physique star is **Mickey Arriema** (at left). He has been exercising only a short time. Photo by **OLYMPIA**.



In just a few months Alex Jezierski packed 17 lbs. of solid, "power-charged" muscle on his underweight frame. He followed TM's training methods and supplemented his diet with TM's **WEIGHT GAINING AID**. You can do the same!

Why should you take the insults and gibes about your underweight condition any longer? Why should you continue to be the butt of jokes when NOW it's possible for you to gain the weight you want in less time than ever before! Think what you will look like with 10, 20, 30 or even 50 lbs. more of solid

weight and muscle on your frame! Imagine the admiration and respect you'll gain from those who previously made fun of you. And you'll not only look better but you'll feel better, too. You can make all this become a reality with the help of TM's new **WEIGHT GAINING AID**, the world-famous food supplement.

L-LYSINE

THE "BOOSTER" WEIGHT GAINING INGREDIENT NOW CONTAINED IN TM'S WEIGHT GAINING AID TABLETS!

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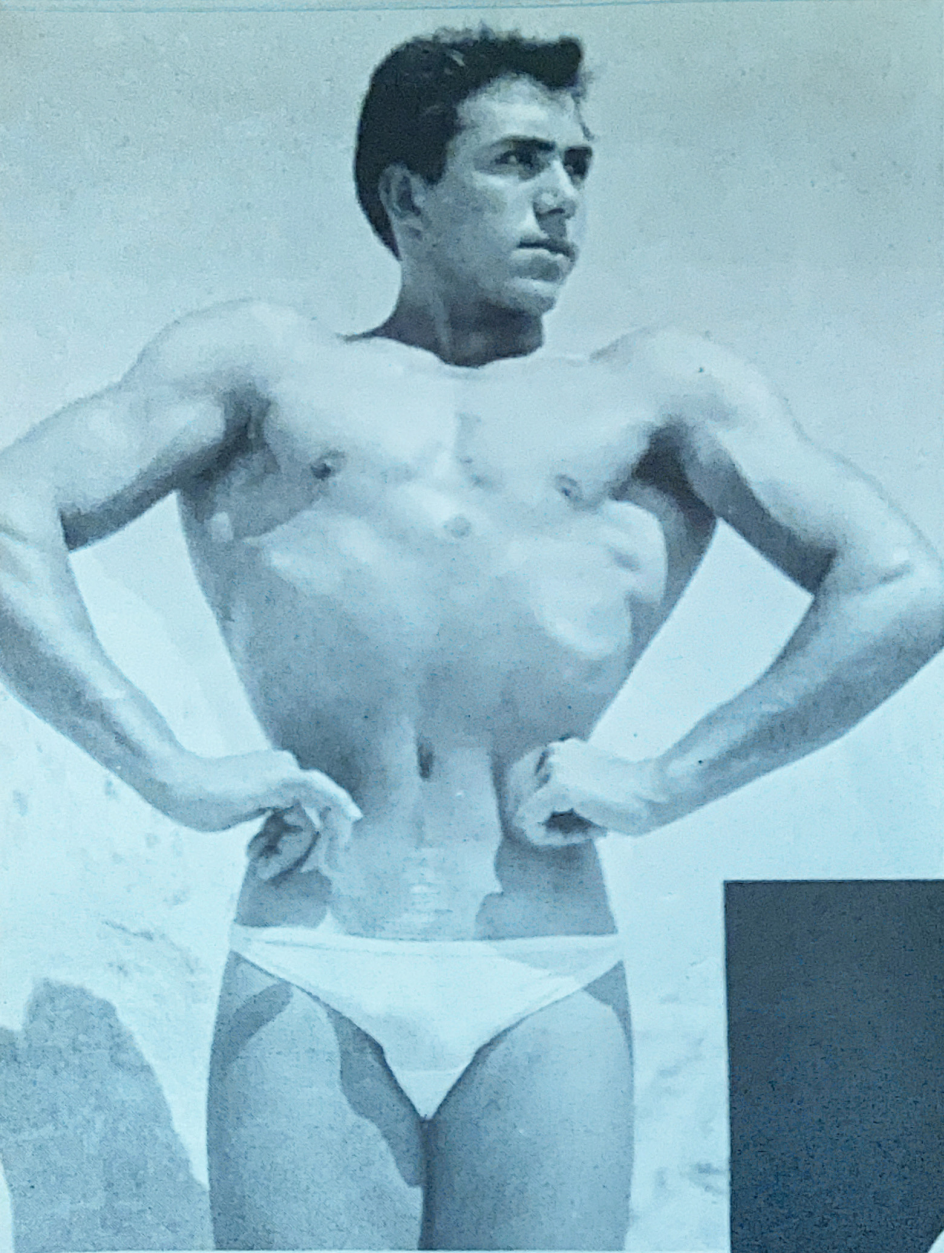
(NO C.O.D.'S PLEASE)



ERIC EASTHAM, 19, has the wide, powerful shoulders of a barbell superman. And the trim waist indicates he's in peak condition. Photo by DOMENIQUE.



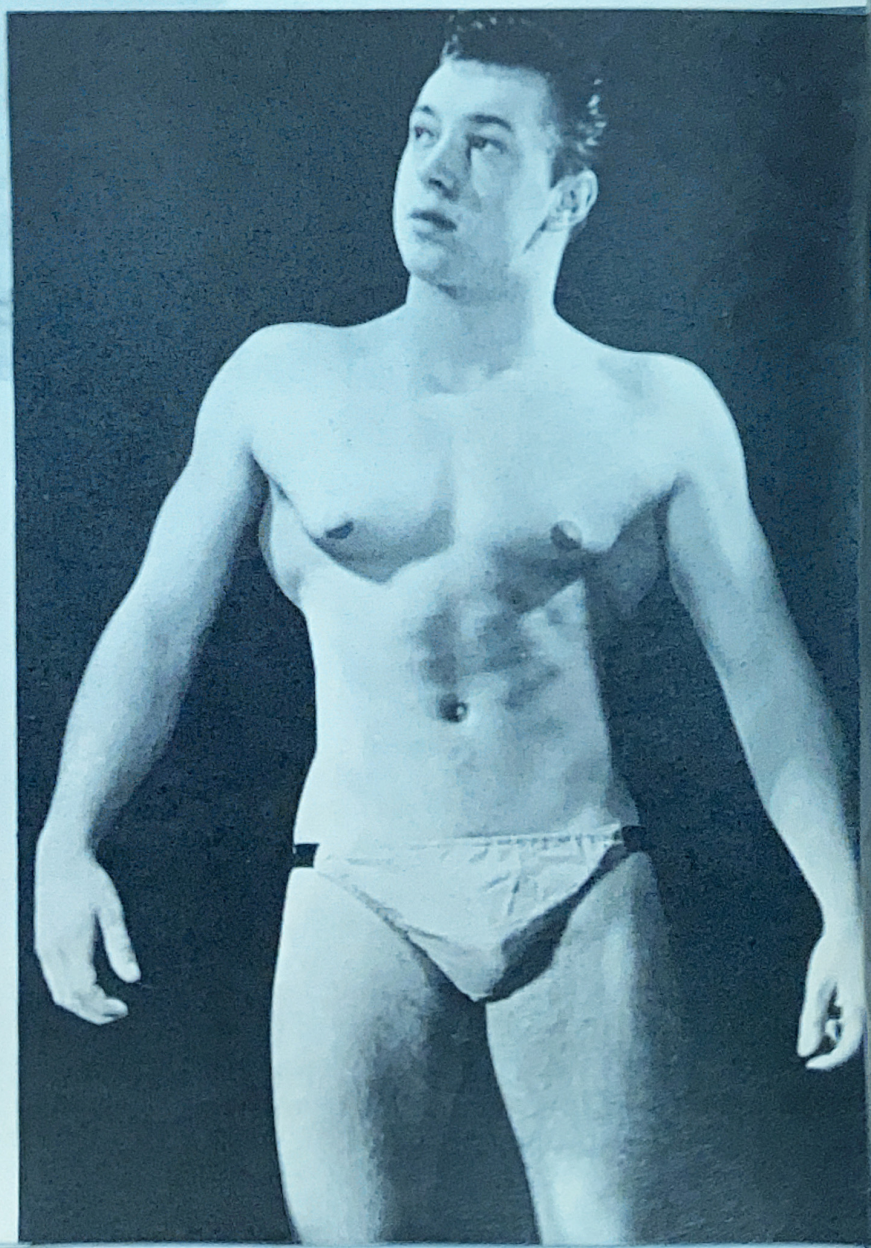
JERRY L. DeBRY has a physique that any bodybuilder would be proud to own. It is symmetrical and backed by lots of power, too. Photo by BRUCE.



WITH the conscientious effort he's putting behind his weight training, Eddie Jardine (at left) should rival the physiques of the world's best developed men. Eddie, 17, is a star all-around athlete, too. Photo by ATELIER ALPHA.

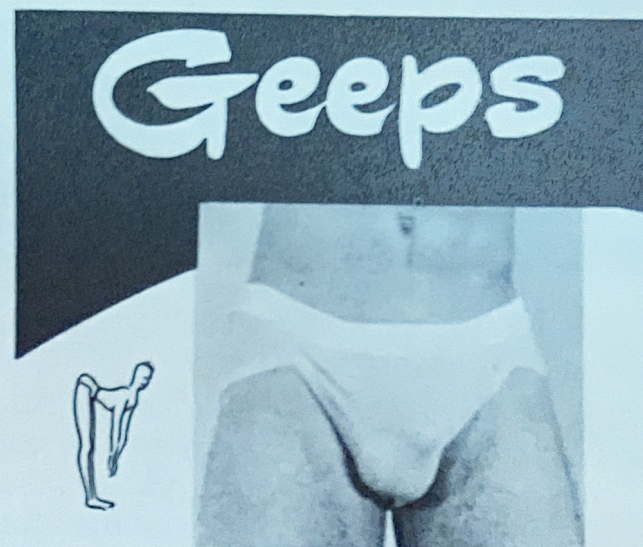
THIRD PLACE
winner in the 1959
Mr. Sweden contest
was Bertil Böhn (at right).

But it won't be long
before he's taking top
honors—he's
improving rapidly with
a steady program of
barbell exercises.
Photo by STAN.





CLIMBING fast up the ladder of bodybuilding success is John Haemmerle. This fine photo by OLYMPIA shows his pleasing, trim build to good advantage.



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YOUR SEX URGE . . .

By DAVID HUNTLY

VERY FEW people give much thought to the human sex urge beyond (a) acknowledging the possession of it; (b) wishing they had a stronger sex urge; (c) condemning it as a sin and an instrument of the devil.

Overlooked completely is the reason for sex; the natural law requiring the existence of the sex urge.

In humans, in animals, and even in plant-life, there is a powerful, unceasing drive towards improvement—a betterment of each succeeding generation over the one past.

The only exceptions to this rule are a few of the lowest forms of life. These are, significantly, without sex.

Nature's blueprint for improving her creatures and plants is a system of averaging out and distributing family faults and virtues in descendants. This system is simply a division of the sexes.

Without a division of the sexes all plant and animal life would spring from a single ancestry; the offspring would not be able to improve upon the parent since it would have to be like the parent with the same diseases and hereditary faults.

How do we know this to be true?—experience, observation, and experimentation. Animal breeders have proven that stock can be

improved by mixing the strains, retaining the desirable features of several breeds to produce a new line. Horticulturists cross-pollinate plants and trees to improve the flavor and quality of the fruits and grains we eat.

Records of man's various civilizations leave no doubt of the value of blending two family lines of inheritance, possibly only by having the male and the female sexes. Isolated groups who interbreed, weaken and die out; strong family lines are built from "new blood."

It is plain that sex is a natural, normal, and absolutely necessary function of the human race.

The mere existence of sex in the biological sense is not enough, in and by itself. The body must be nourished, for example, and to partly meet this need, nature has provided it with a stomach; but without the sensation of hunger, man would never know when to feed himself. In a similar fashion man's ability to procreate is brought to his attention by hunger of a sexual nature—the sex urge.

Involved with the sex urge are two powerful forces—one physical, the other mental.

Biologically, the male is capable of procreation (fertilizing the female) long before he reaches mental and emotional maturity.

EXPLAINED



In a strict sense, the sex urge is present from birth. However, we are now concerned only with sex desire as it is manifested at puberty, at which time it becomes directed towards the opposite sex.

All the young bodybuilders who read TM regularly know that certain physical changes occur in the male organism at puberty. The **pituitary**—called the “master gland”—stimulates the testicles to action. They begin to produce spermatozoa, which make possible the fertilization of the female, and **testosterone**, the male hormone which influences the masculine growth and provides you with the aggressive male attitude typical of the male.

Sexual attitude is mental. Nature, in designing the human body to sustain and perpetuate itself, has made pleasurable those acts necessary to life and the continuance of life.

A boy likes to be with a girl. This is normal. Nature wants the two sexes to be together and insures their attraction to each other through the medium of the sex urge. In animals this is instinctive. In the human it is both instinctive and selective. Not all males are drawn to all females, and vice versa. Sexual response, which is a part of the sex urge, differs widely with the individual.

The exact mechanism of sexual response has never been defi-

nitely established. It is known that every part of the body, in varying degrees, is capable of producing some form of sexual excitation. From this it is deduced that the nervous system is closely related to, and works with the sex urge.

Nerve terminals, or nerve endings near the surface of the skin, are known as **receptors**. They are the organs of excitability. When touched, or in any way excited to function, they communicate sex feelings to the sexual centers—the organs of copulation. Dr. Kinsey reported from his investigations that “...there is no part of the human body which is not sufficiently sensitive to effect erotic arousal and even orgasm for at least some individuals in the population.”

Whereas the entire surface of the body may be subject to sexual stimulation, certain areas have a greater sensibility than others. These are called the “**erogeneous zones**”. The penis, for one, is richly endowed with nerve endings that have an almost instantaneous reaction to friction or touch.

(Please turn to Page 36)

THEY ALMOST MADE IT!

(MORE NEAR-WINNERS IN THE MR. BODYBUILDER PHOTO CONTEST, 1959)

AS PROMISED last month, here are photos of more "almost-winners" in the MR. BODYBUILDER, 1959 contest:

Frank Millan, Jr. of Hawaii came close—very close. Maybe next time he'll fare better.

Charles Bailey of North Carolina sent in a fine outdoor shot. He's sure to make a real name for himself in bodybuilding some day.

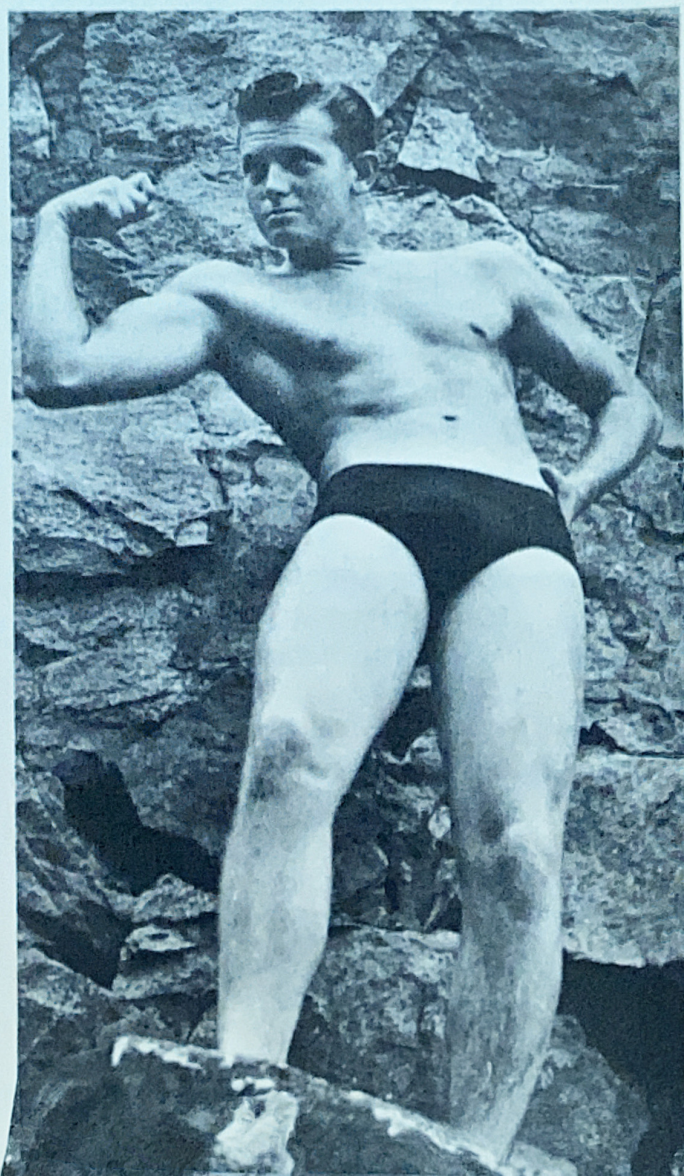
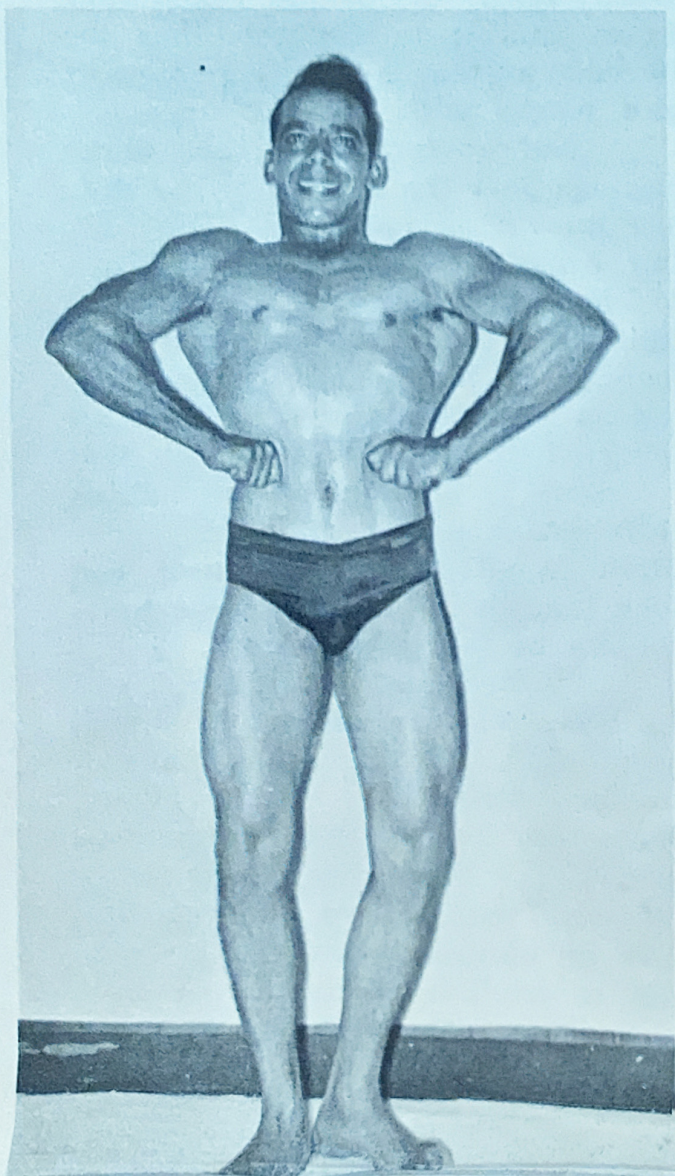
FRANK MILLAN, JR., 28. 5'8", 175 lbs. 16 $\frac{3}{4}$ " arms, 46 $\frac{1}{2}$ " chest, 32" waist.

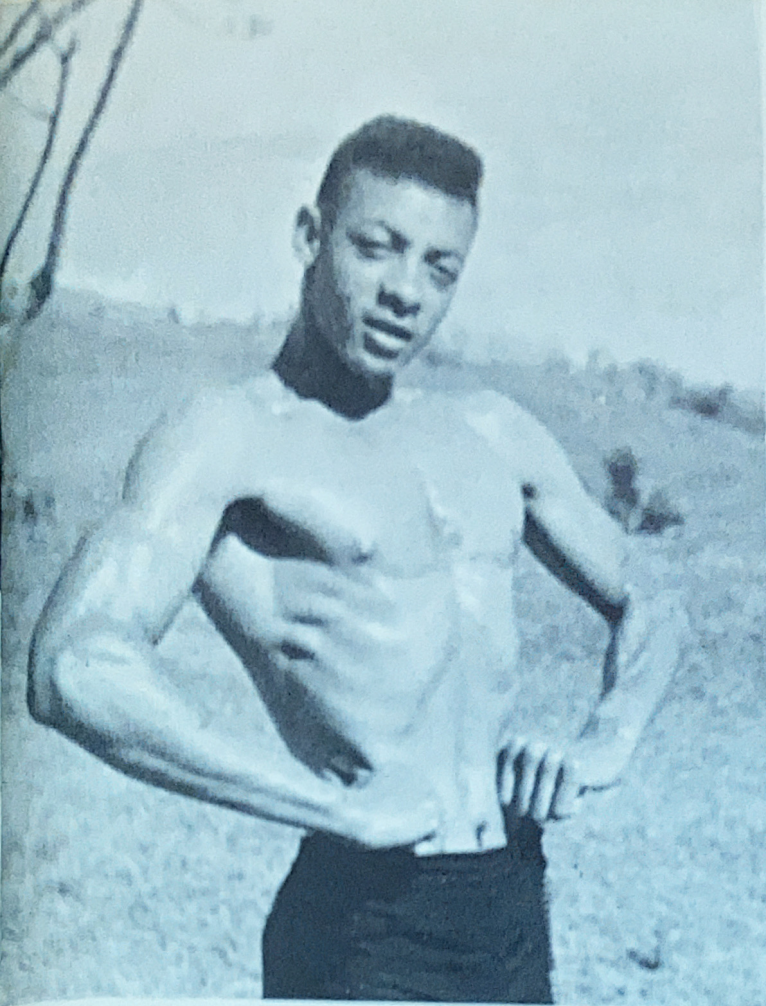
Dudley A. Trott of Bermuda is an inspiration to his training buddies. Let's hope he'll try again in the next contest—he has amazing potential.

Fred Wirth of Pennsylvania has a 43" chest, which, at his height is especially commendable. You'll be seeing more of this boy, for sure!

Watch for details of the next MR. BODYBUILDER contest, coming up soon. It may be your time to win!

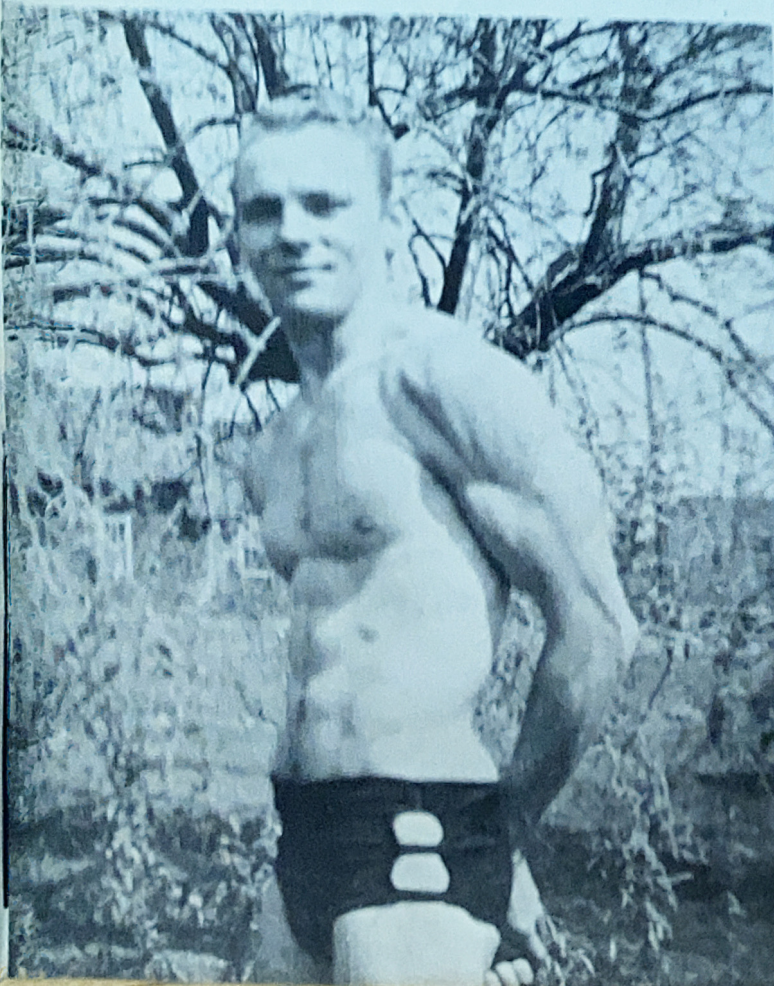
CHARLES BAILEY, 22. 5'8", 166 lbs. 14 $\frac{1}{2}$ " arms, 43 $\frac{1}{2}$ " chest, 29" waist.





DUDLEY TROTT, 21. 5'6", 152 lbs. 14" arms, 44½" chest, 28" waist.

FRED WIRTH, 21. 5'5½", 135 lbs. 15" arms, 43" chest, 27½" waist.



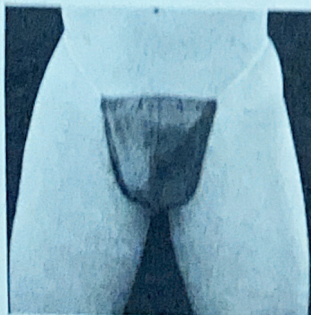
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BODYBUILDING helps keep Rick Sack in cracker-jack condition for boxing, football and track, his favorite sports. He is 19, 5' 10" and weighs 168 lbs. These photos of Rick are by **BRUCE**.

THERE IS NO OTHER WAY—

REMEMBER the story of Aladdin and his magic lamp? By giving the lamp just a few brisk rubs, a man could wish for and get anything he desired. Naturally, this is only fantasy but it's surprising to find how many fellows actually want to get a powerful, muscular body by some magic, effortless means.

It would be fine if all you had to do is wish for a muscle-packed body, but this is a realistic world and you must learn to face facts. There is no other way to develop the kind of body you want, except by exerting some physical effort on your part—through progressive barbell exercises. But you can make the task a lot easier by getting the right equipment and following the right system of training.

The best and most effective exercise outfit you can get is TM's new **SILVER JUBILEE** Barbell set. It is absolutely the finest weight training outfit you will ever see. With it you get free **bodybuilding consultation**, by mail—a feature that can be worth the price of the set alone to you! It can save you weeks, months or even years of unnecessary effort in building a shapely, "Mr. America" physique.

After your set has arrived and you've started training, there are bound to be questions or problems popping into your mind about barbell exercise that you won't know how to cope with. This is true of any set or course you buy. But, unlike others, who ignore you after you've sent them your money, **TM** bends over backwards to answer your every question and in helping you to solve bodybuilding and health problems. You get help every step of the way in your training program.

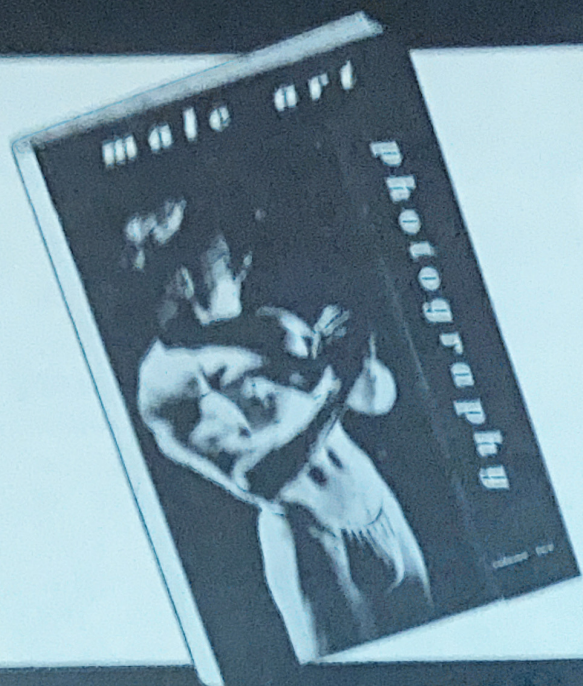
There is no time limit on this service, either. You can send in questions, months or even years after you've purchased a **SILVER JUBILEE** set. There is also no limit on the number of questions you can send in—you ask as many as you want, all will be answered.

There are other big free offers that you get with each **SILVER JUBILEE** set, too; courses, charts, etc. They total up to \$7.50 of extra value for you at no extra cost! Turn to page 42 and read all the details. You'll be glad you did.

Joe Genovese

EDITOR

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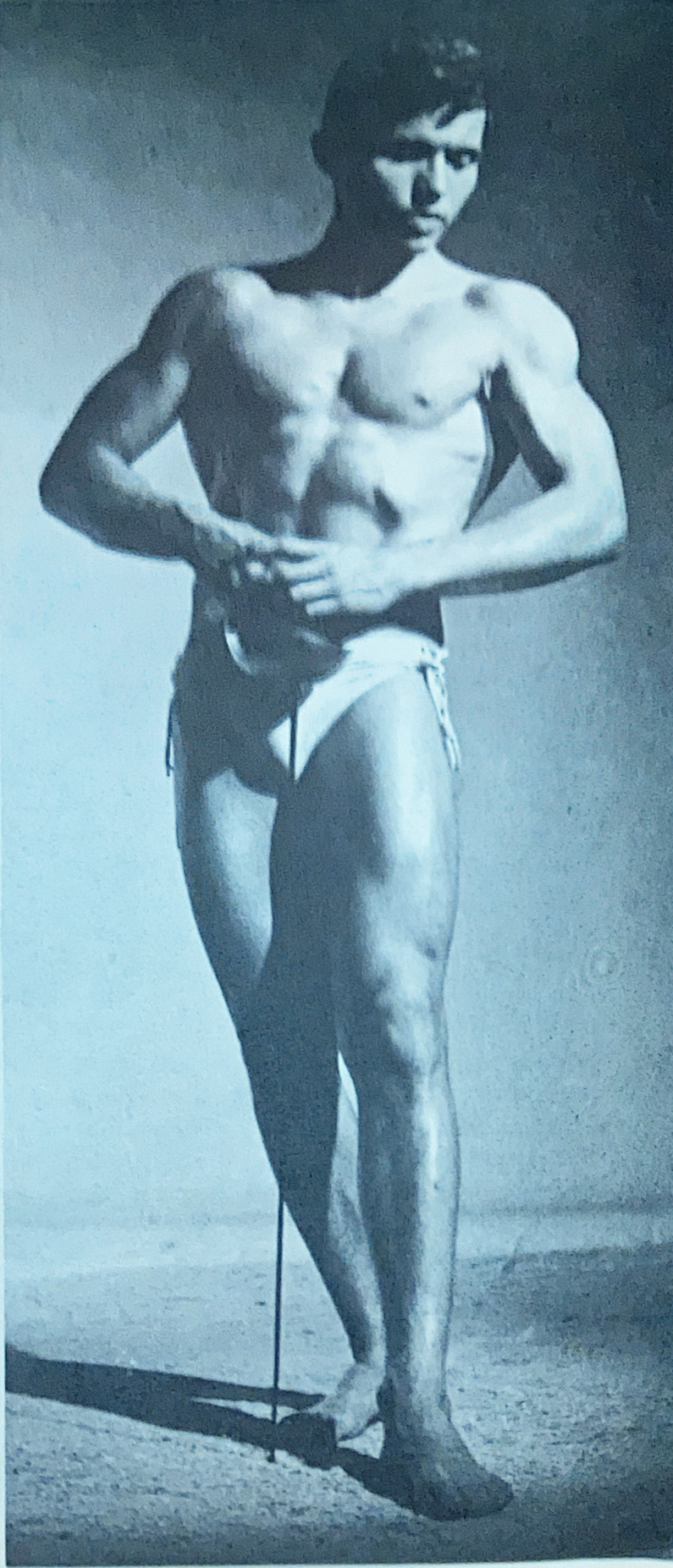
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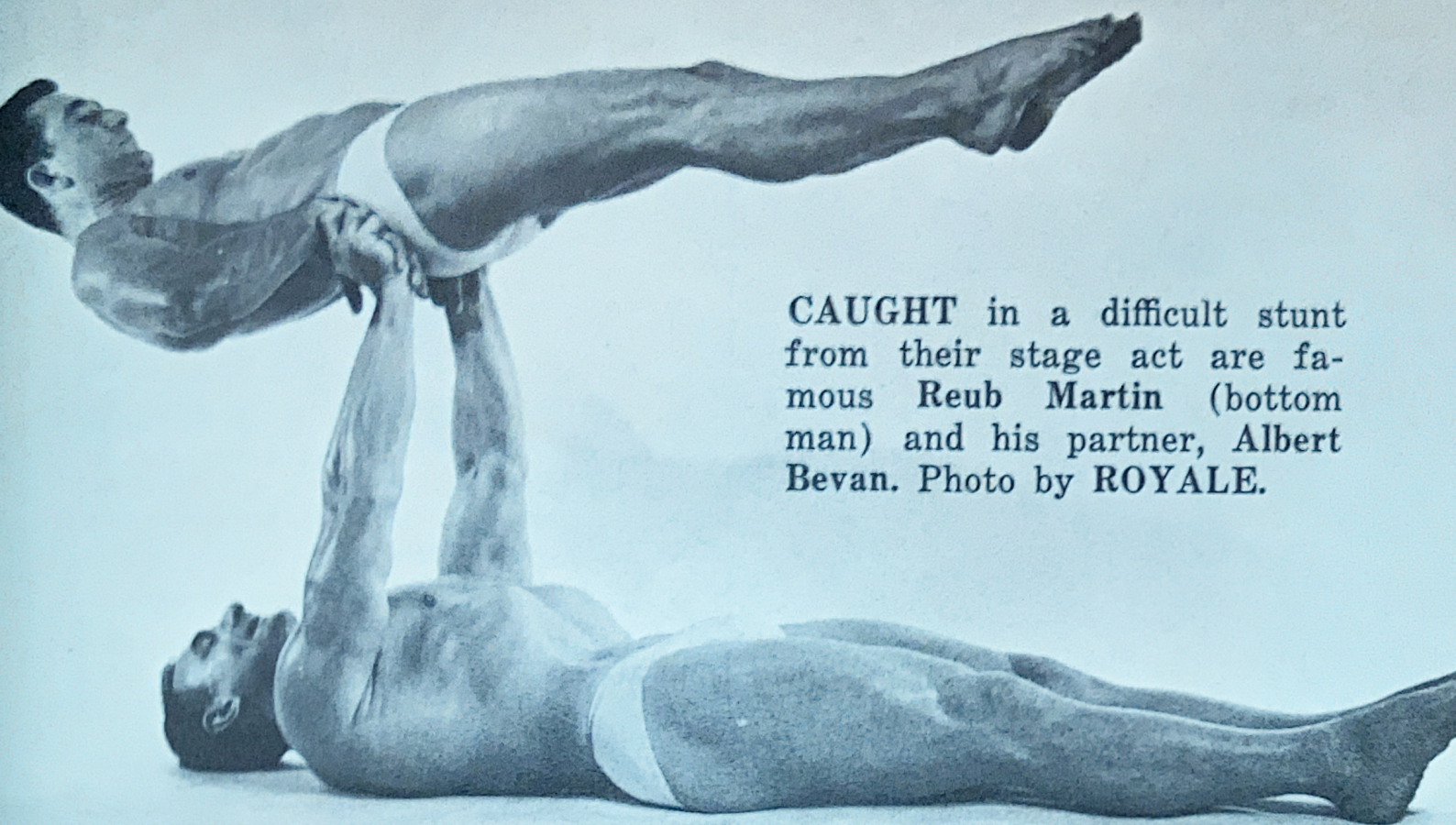
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THIS dramatic shot of newcomer Hans Beck accentuates his neat, proportionate shape. Photo by ATLAS TRADING CO.

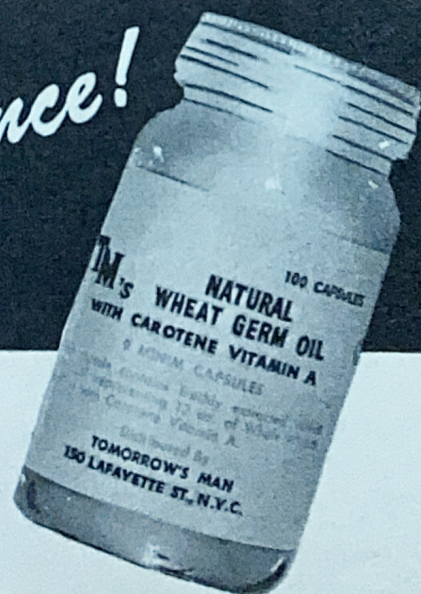


CAUGHT in a difficult stunt from their stage act are famous Reub Martin (bottom man) and his partner, Albert Bevan. Photo by ROYALE.

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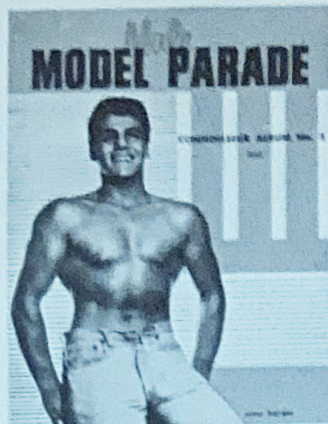
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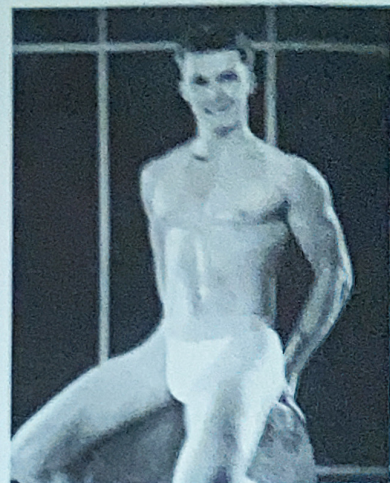
- ☐ MODEL PARADE (Vol. 5)—\$1
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☐ "DUNGAREE BOYS" (Color)—\$3

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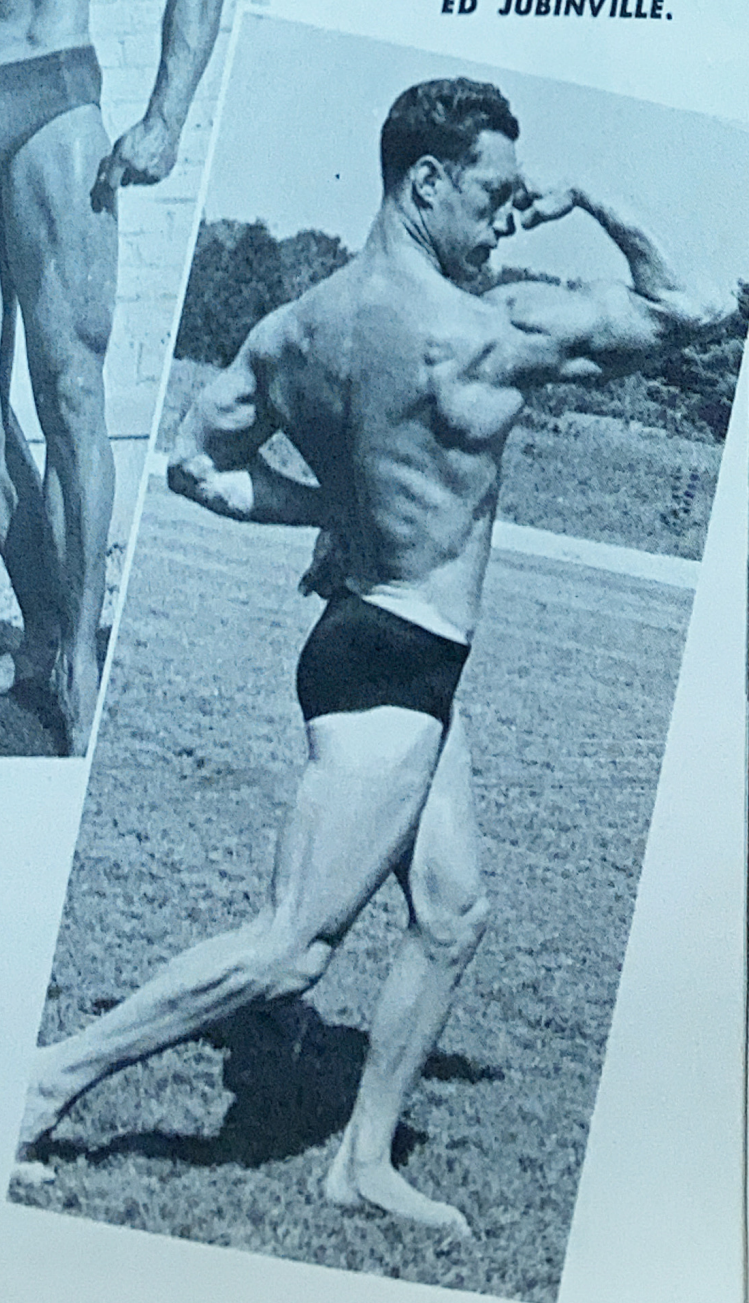
By JOE GENOVESE
TM Editor

HENRY ARCHAMBAULT, winner of many New England physique titles, combines cables with barbells. Photo by **ED JUBINVILLE**.

Only through a great variety of exercises did TM pupil, **STEVE WENGRYN** (above) build his outstanding physique. Photo by **OLYMPIA**.

Ask **VINCE ZAPPI** and he'll tell you that varying the manner in which you perform exercises can really speed results. Photo by **BOB ANTHONY**.

DOES VARIETY IN YOUR TRAINING ROUTINE AFFECT BODYBUILDING RESULTS? YOU BET IT DOES! IF YOUR WORKOUTS SEEM TO BE GETTING DULL, TURN THE PAGE AND LEARN HOW TO PUT "SPARK" IN YOUR EXERCISE SESSIONS . . .



VARIETY for "Super-Charged" muscles . . .

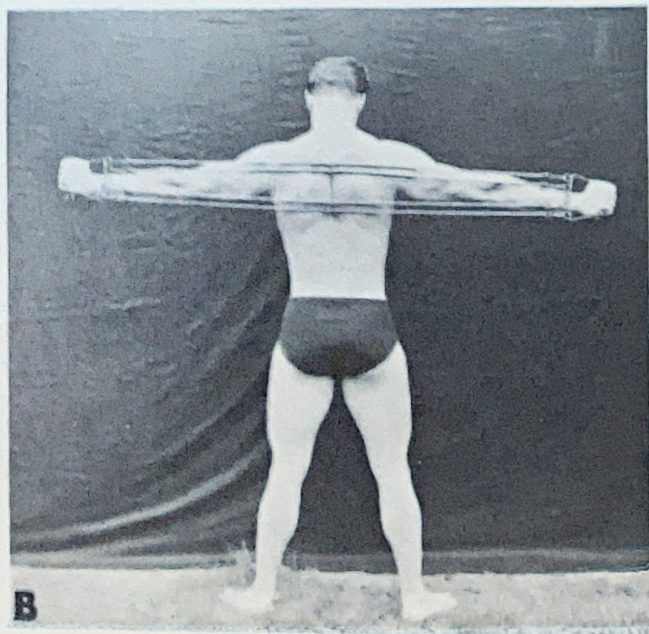
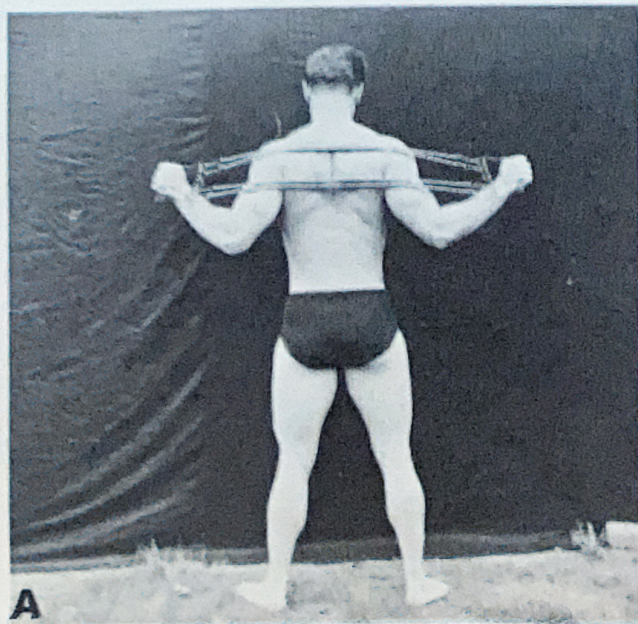
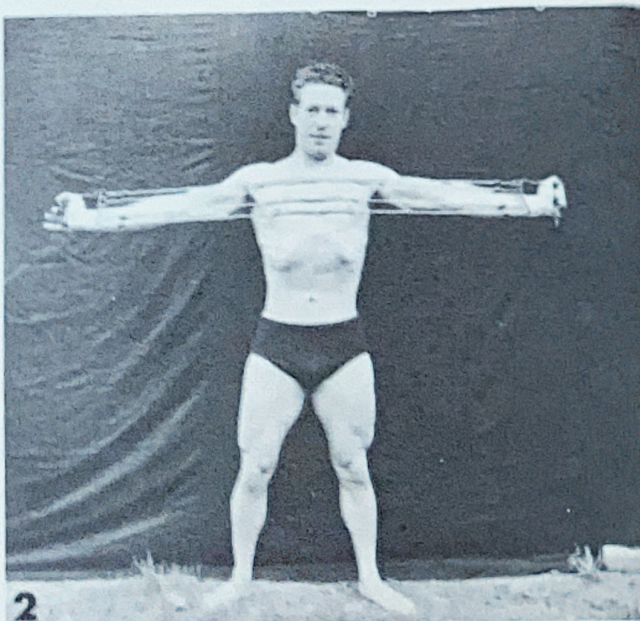
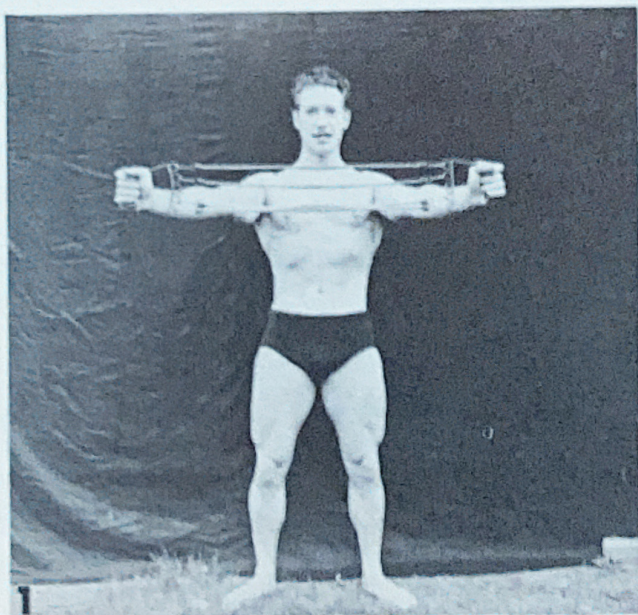
To keep your interest in bodybuilding at "fever pitch", combine steel cables in your barbell workouts. Training with **TM's HOME GYM** cables will give your muscles a "lift". They work your muscles from an entirely different angle and put the "finishing touches" to a barbell-trained physique. You can have many hours of fun holding "cable-pulling" contests with your friends, just like the old time strongmen used to do. See how many strands you can stretch to full arm's length in the Chest Pull exercise demonstrated below by **Henry Archambault**. There's no limit to the amount of fun you can have with **TM's** steel cables. Try them.

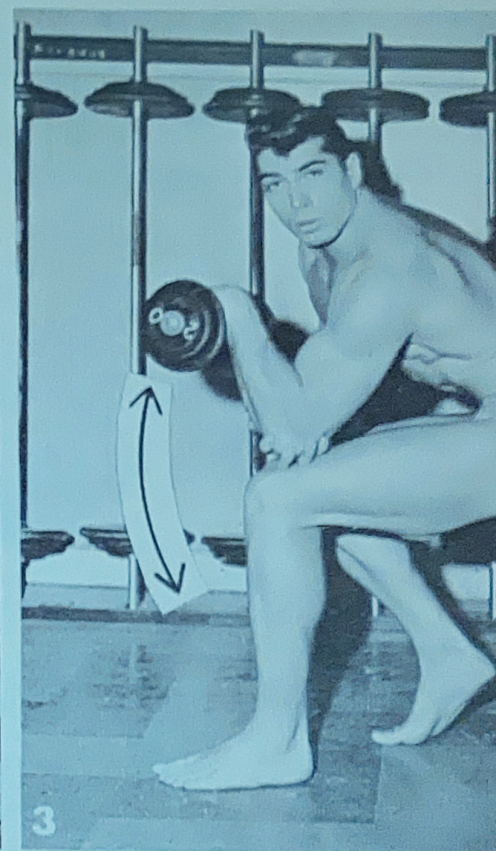
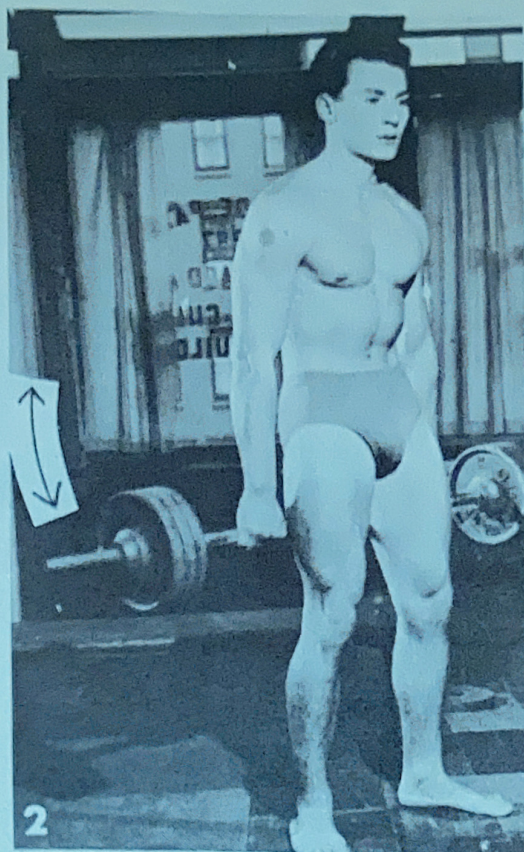
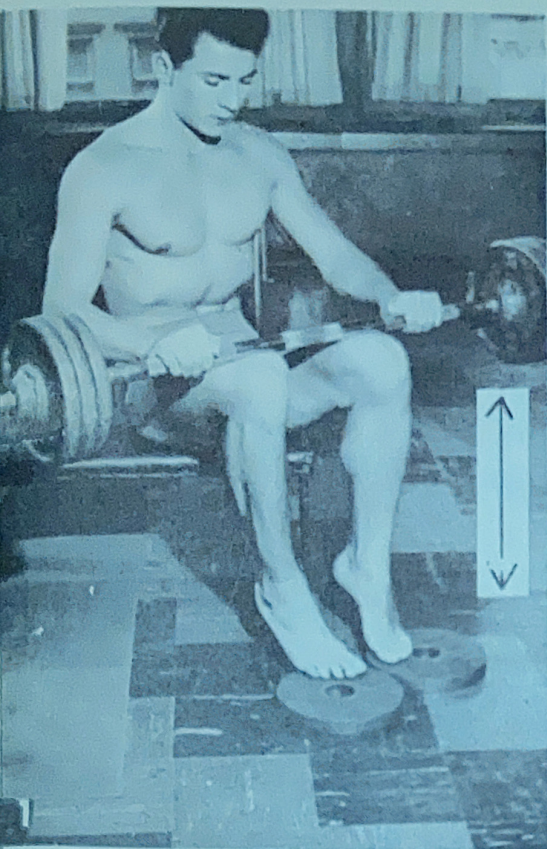
FRONT CHEST PULL: Hold cables in front of you, as shown in **Photo 1**. Now, inhale and pull cables to each side of you, as in **Photo 2**. Exhale as you bring cables back to original position.

hind your back, as shown in **Photo A**. Now, stretch them out to each side of you, as in **Photo B**. Builds a mighty back.

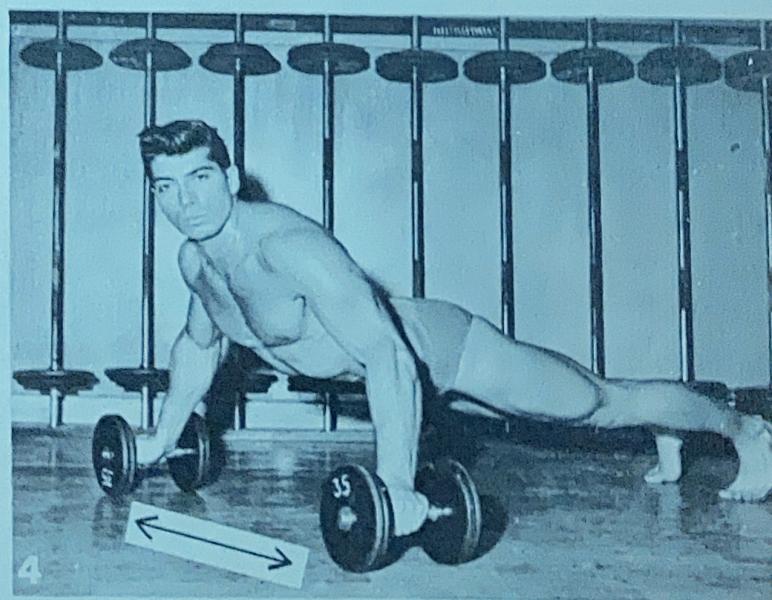
All photos of **Henry Archambault** are by **ED JUBINVILLE**.

TWO ARM PRESSOUT: Bring cables be-





Doing the same set of Barbell exercises in the same manner and in the same order, workout after workout, for months on end, is the surest way to lose interest and hold back results. Change your routine every 2 or 3 months. Try some new movements or variations of those you've been doing. If you've been using old-fashioned barbell outfits and courses, you can revitalize your interest by ordering one of TM's new **SILVER JUBILEE** barbell sets. It will stimulate your enthusiasm for bodybuilding as nothing else will. See Page 42 for details.



SEATED CALF RAISE: Hold barbell on lap and place toes on two barbell plates, as in **Photo 1**. Now raise up on toes as high as you can.

TRICEPS CRAMPER: Hold barbell behind you, with a reverse grip, as in **Photo 2**. Now, keep arms straight and push weight up as high as you can.

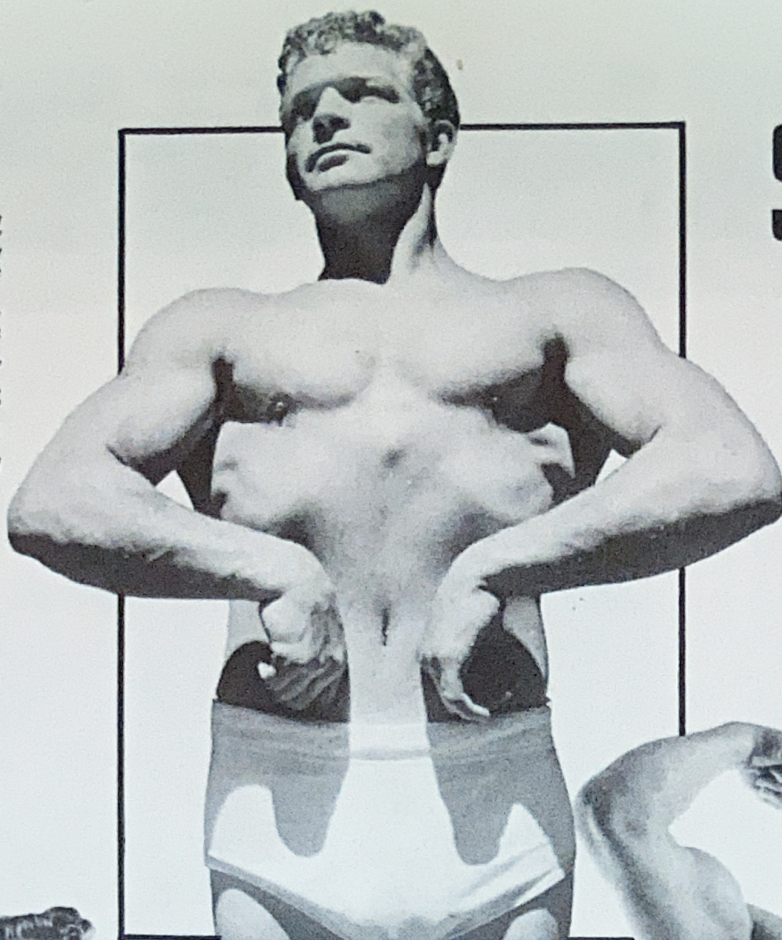
SEATED REVERSE DUMBBELL CURL: With elbow on lap, hold dumbbell as in **Photo 3**. Now, curl it as in regular curl.

SPREAD EAGLE DIPS: Grip two dumbbells in a floor dip position. Dumbbells are parallel to your body. Now, roll them out a few inches to each side of you, as in **Photo 4**. Increase the distance as you get stronger.

Photos A and B, of **Steve Wengryn** are by **OLYMPIA**. Photos A and B, of **Vince Zappi** are by **BOB ANTHONY**.

SILHO

There's an unusual statue-like quality in this photo of **AL MILLER**, 20. Al is a lumberjack from the High Sierras. He is 5'9", 165 lbs. with 15½" arms and a 29" waist. Photo by **KEN WALLACE**.



Though he is heavily muscled, **JOHN STRINGER** nevertheless hasn't sacrificed shape and definition. Photo by **SCOTT**.



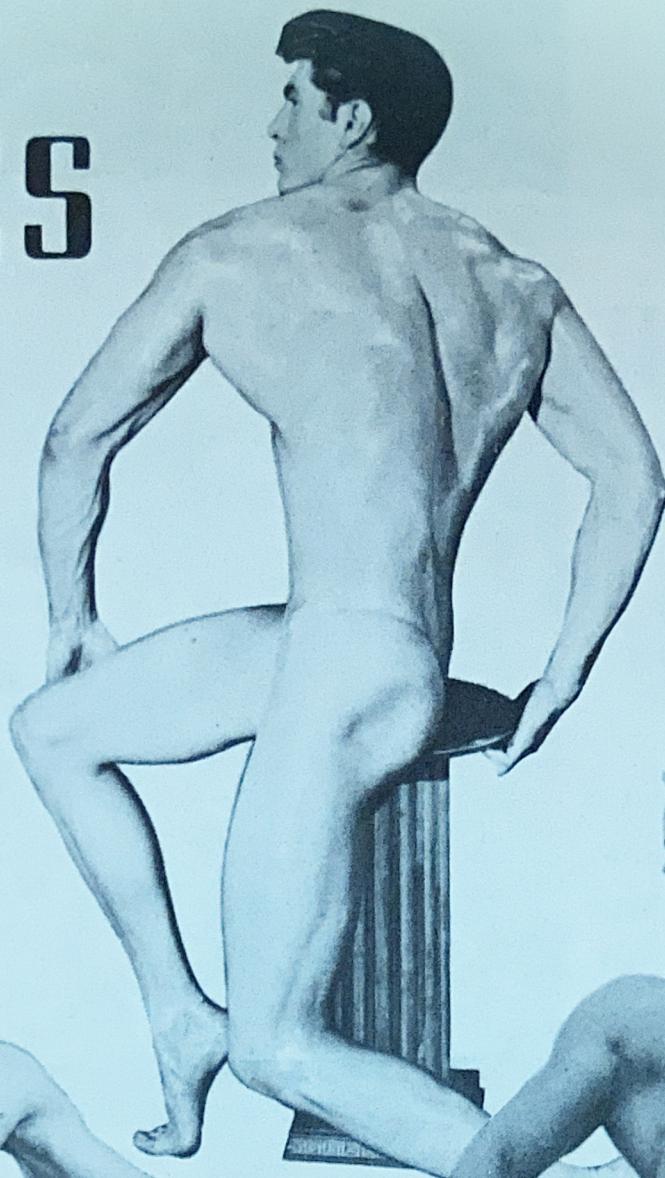
No matter how often he appears in **TM**, **JIM ALEXANDER** never fails to impress readers with his admirable development. His popularity is due, no doubt, to his extra wide lats and trim waist. Photo by **APOLLO**.

UETTES

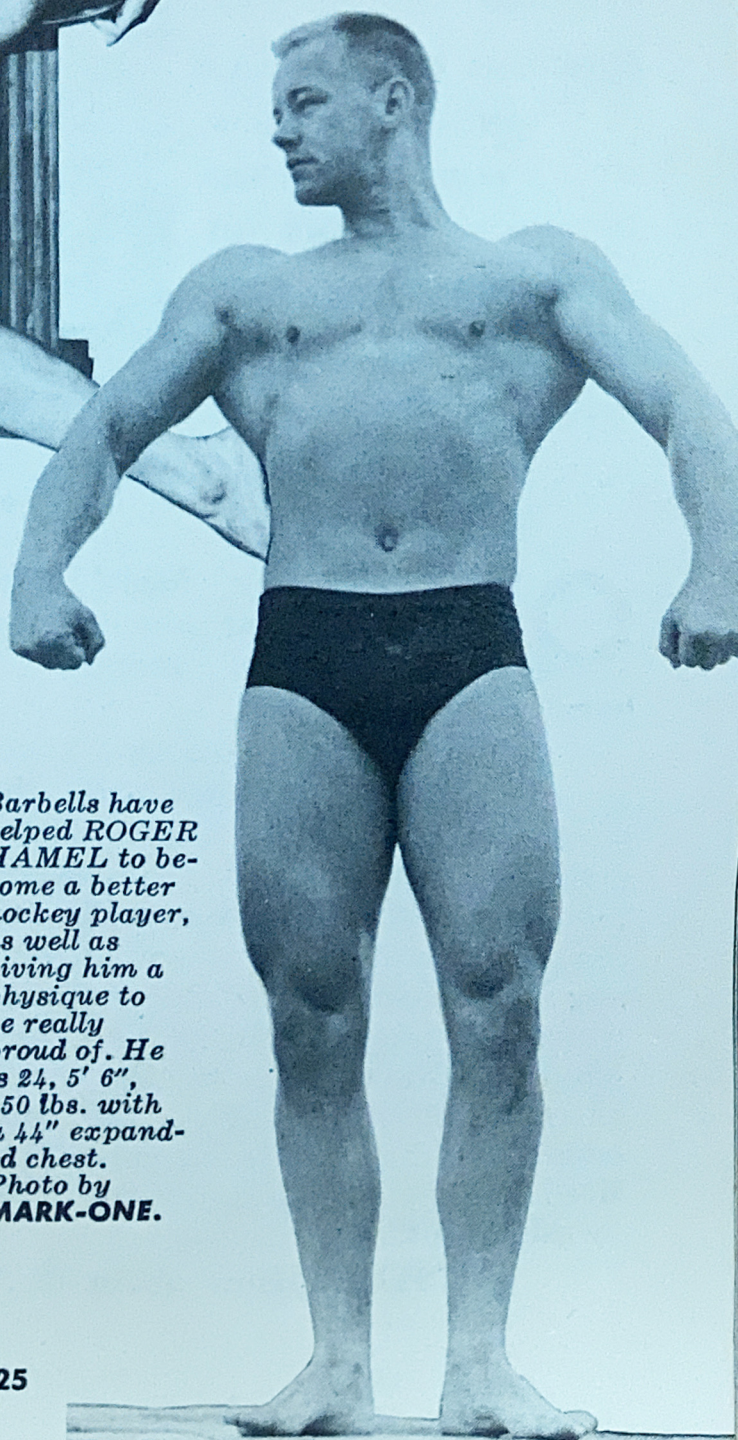
The kind of physique most bodybuilders prefer is the "ideal" type; well-balanced throughout. **JOHN DODD** certainly fits this category. Photo by **DOMENIQUE.**



Look at that back spread of **ALLAN REYNOLDS!** Training with your Silver Jubilee barbell can give you a wide back, too. Photo by **BOB ANTHONY.**



Barbells have helped **ROGER HAMEL** to become a better hockey player, as well as giving him a physique to be really proud of. He is 24, 5' 6", 150 lbs. with a 44" expanded chest. Photo by **MARK-ONE.**



SUMMER TRAINING CLINIC

QUESTIONS AND ANSWERS
ON HOW TO TRAIN
AND HOW TO EAT
DURING THE
WARM MONTHS AHEAD



QUESTION: I've heard that barbell training during the warm summer months is harmful. Is this true?

ANSWER: No, not at all. As a matter of fact, it is during the warm months that many fellows make their best gains. The warm temperatures stimulate muscle and tissue growth. They also prevent muscular soreness and strains, which can happen during the colder months. Don't train to the point of exhaustion, though. Do just enough so that you feel comfortably tired after a workout and not "washed-out".

QUESTION: How about diet?

DICK DuBOIS, former Mr. America, gets an admiring eye from TOBY HILL, former Miss California. Getting the favorable attention of the gals is just one of the rewards of bodybuilding. Photo by DEL-MONTEQUE.

What foods should I eat and which ones should I avoid?

ANSWER: Stay away, as much as possible from rich, starchy and refined foods. These include: cake, pies, pastries, candy, fried foods, etc. They only serve to clog the system and interfere with the proper functioning of your "body regulators". Fresh fruits, green, leafy and yellow vegetables, both cooked and raw, lean meats, fish—all are ideal warm weather foods.

When thirsty, drink plenty of unsweetened fruit juices or lemonade made with honey. However, during warm weather you may have a tendency to "skimp" on meals, thus neglecting to get your share of the vital nutrients you need to maintain your health and keep you in top muscular shape. You can guard against this by taking concentrated food supplements, such as **TM'S EXTRA STRENGTH VITAMINS, and MINERALS, SUPER PROTEIN and WHEAT GERM OIL CAPSULES**. They are the world's finest supplements and are sold on a money-back-no-questions-asked guarantee. TM's supplements are made according to the highest U.S. Government standards of purity and potency. You won't ever regret taking them.

QUESTION: I'm very light-skinned and therefore burn easily in the sun. I've tried everything to get a tan but without success—all I do is get red as a lobster and all the discomforts that go with it. I've just about given up hope—can you suggest anything?

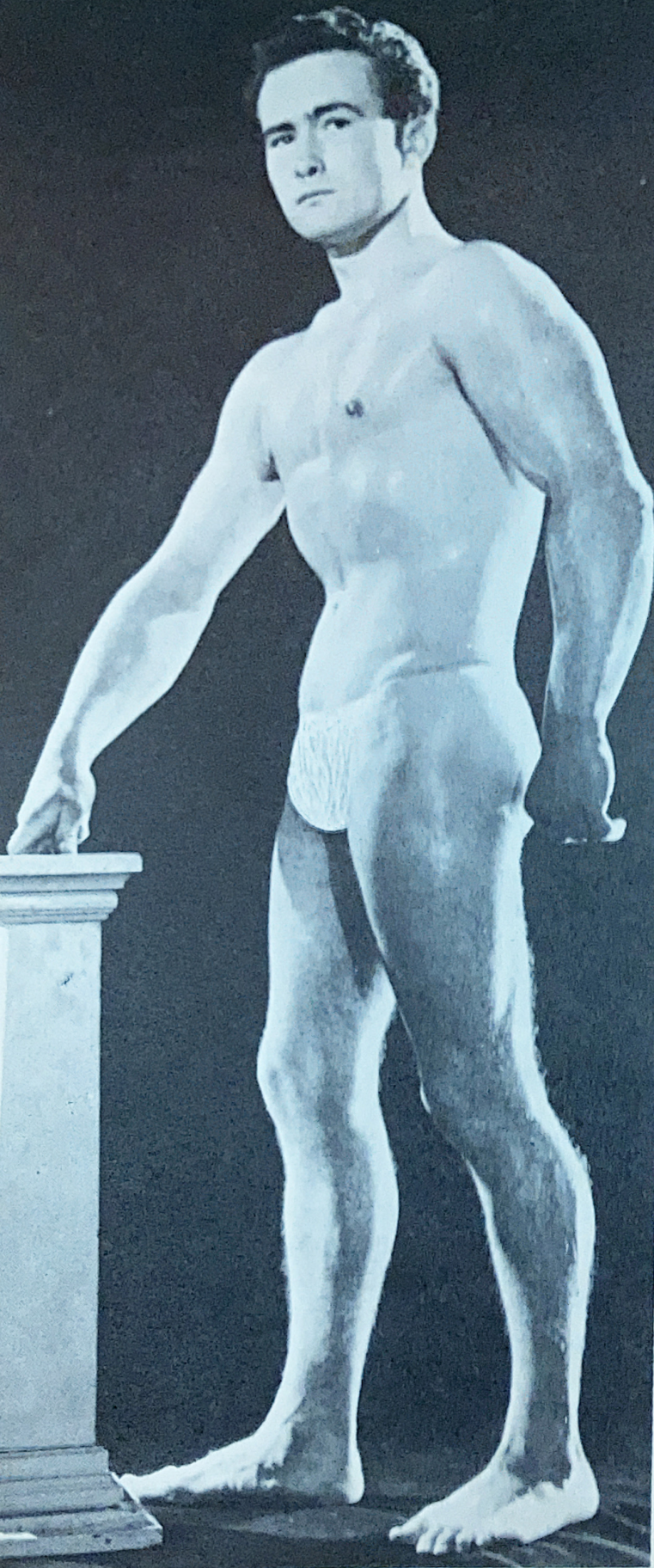
ANSWER: You definitely need to get yourself a good suntan lotion, one that will filter out the rays of the sun and prevent you from "frying". Now, there are many brands of suntan lotion on the market but a great number of them are ineffective, especially to light-skinned individuals like yourself. Don't give up hope though, because **TM'S SUNTAN LOTION** is just the thing you need to protect your skin and give you the tan you want so much. It took years of research to develop **TM'S SUNTAN LOTION** into its soothing, sun-proof formula.

It is greaseless, "invisible" and goes to work for you, immediately so that it isn't long before you have a rich, golden tan. For years now, bodybuilders all over the world have learned to depend on **TM'S SUNTAN LOTION** for their vacation fun. Order a few bottles today and try it for yourself. It'll please you—and your skin.

QUESTION: I plan to do a lot of swimming, skin diving and other summer sports, but I also want to keep up with my **SILVER JUBILEE** barbell training. Do you think I'll be doing too much?

ANSWER: If summer sports are going to take up a great deal of your time and energy, then it's best to cut down on your barbell training. Instead of three times a week, train just once or twice a week. Also do less reps and sets on each exercise. Use lighter poundages, too. Otherwise, you will be using energy faster than your body can safely generate it and you risk the possibility of becoming run down. You don't have to give up your **SILVER JUBILEE** barbell training—just modify it a bit. If you find, at times that you are over doing it, with all your activities, a few **TM'S ENERGY-PLUS** tablets will help prevent over exhaustion. They give you "trigger-quick" energy because they are made with dextrose, the fastest energy producer known to man. They also contain many other ingredients that help give lasting energy. They taste like candy, too. Keep a generous supply on hand.

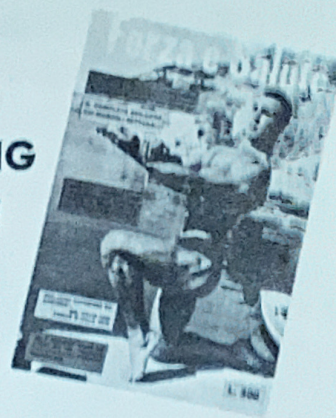
More Summer training hints in next month's issue—be sure to look for it.



STAGE acrobat, Brian Morris, exercises regularly to keep in top shape for his strenuous work. Photo by ROYALE.

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GALLERY OF MAGNIFICENCE

**SERGE GER-
ECKE** was run-
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France contest
in 1958 and 3rd
Place winner in
the Mr. Paris
event also of the
same year. His
superbly-muscled
back, the sculp-
tured deltoids —
all contributed a
part in his suc-
cess. Photo by
ARAX.



**PAUL McKIN-
NEY** is a stir-
ring example
of what barbell
training can do
for you. It is
impossible to
develop muscles
like this in any
other way.
Photo by
**M O D E R N
CLASSICS.**



ONE of the most photographed and publicized physiques in the world is that of Bob Burke. Bob is built well, all over but his biceps, with their high formation, and his chiseled pecs are particularly noteworthy.

Photo by
ROYALE.



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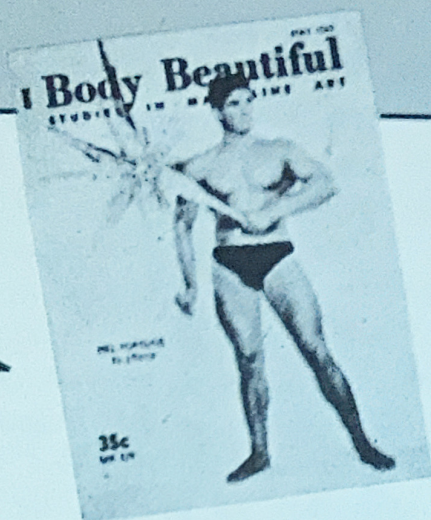
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TYLE DECKER, of Canada, competes in hockey, basketball and is a member of the Golden Gloves boxing team. Photo by MARK-ONE.

Photographically Yours!

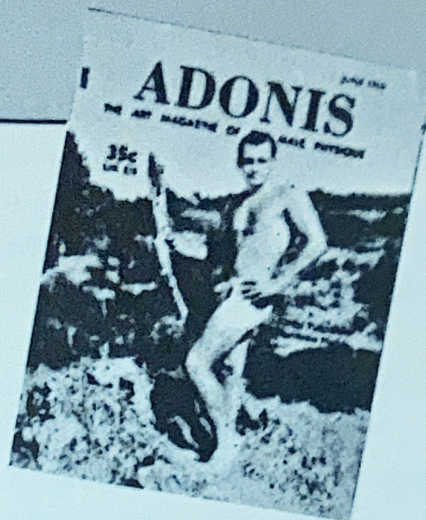
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News Scoops

WEST

SAN FRANCISCO AREA (By Ardell Langford): An A.A.U. Gymnastic contest was held at the San Francisco Central Branch "Y". Winners in the "Free Exercise" division were: **George Kniese**, 1st; **Glen Tresser**, 2nd and **Harvey Kaufman**, 3rd. In the "Parallel Bars" division winners were: **Marion Abrahamson**, 1st; **George Kniese**, 2nd and **J. Haderle, Jr.**, 3rd. Winners in the "Side Horse" division were: **William Lambden**, 1st; **George Wilcox**, 2nd; and **Don Alberti**, 3rd. Winners in the "Long Horse" division were: **Robert Reeves**, 1st; **George Wilcox**, 2nd; and **Marion Abrahamson**, 3rd. In the "Still Rings" division, 1st Place was tied by **Glen Tresser** and **J. Haderle, Jr.**; **Marion Abrahamson** took 3rd. In the "Horizontal Bar" division, 1st Place was taken by **Glen Weller**; tying 2nd Place were: **George Kniese** and **Dave Underwood**; **Marion Abrahamson** took 3rd. In the final "All Around" division, **Glen Tresser** took 1st Place; **George Wilcox**, 2nd; and **George English**, 3rd.

SOUTHWEST

GALVESTON-HOUSTON AREA (By Thomas J. Smith, Jr.): Jerry Springer, the well-known bodybuilder of Ft. Worth not only

works out with barbells but he also produces them! . . . **Charlie Smith**, Houston bodybuilder has never eaten a piece of meat in his life! He is a confirmed vegetarian. So far, it doesn't seem to have done him any harm, and he is, in fact, in great shape. . . . **Tom Mansky**, now of the Texas City Police Dept., has been under treatment for a spinal injury received as a result of an auto accident. . . . **Big Tom Davis**, 6' 3", in just three weeks training took off two inches from his waist and added an inch to each arm!

MIDWEST

TOLEDO, OHIO AREA (By Clyde J. Osborne): Bowling Green State University wrestling team, narrowly won its 2nd straight Mid-American Conference title. It defeated **Kent State** and **Toledo University**. The final scores were the closest in 8 years of league competition. **Bowling Green**—49; **Kent State** and **Toledo U.**—47; **Miami**—34; **Western Michigan**—27; **Ohio U.**—25; and **Marshall**—12. **Jim Hoppel** and **Bob Dake** successfully defended their titles at 147 and 157 lbs. while **John Ruper** was runner-up in the 167 lbs. class. Winner in the 130 lbs. class was **Dick Wilson**, Olympic and Pan American champ from Toledo U. The **Bowling Green Falcons** have won 22 straight bouts over a 2-year period.

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YOUR SEX URGE . . . EXPLAINED (Continued from Page 13)

As near as has been determined the mechanics of sexual response are these: the nerve ends receive stimulation which excite sexual feelings; they immediately send a message to the sex center in the brain which acknowledges the sexual nature of the response and sends a message down to the erection center in the spine. The purpose is to prepare the male for the sex act by producing an erection.

Again, a male may be sexually excited without having any sort of surface contact whatsoever. This occurs when the eye, as one example, receives an image which is associated with erotic feelings such as nude photos, a girl in a tight dress, etc. Once again the brain passes on a sex message to the erection center in the spine and the male is aroused.

From this we can see that the sex urge, while ever present in the male, is under control of the brain during conscious moments since it is the brain which receives and directs the sexual response. By conjuring up erotic images, by dwelling on sex and being generally preoccupied with the subject, the sex urge can get completely out of hand. Young bodybuilders who make discipline a part of their lives should find no difficulty in controlling such feelings. Giving in to the sex urge is a weakness. Nature has given it to all males—very strong in some, less in others—but she has also given us the means to control it and handle it wisely. And here is where she separates the men from the boys: the mark of the man is not so much in his virility as in his ability to make his sex urge his servant, not be one to it.

French Briefs



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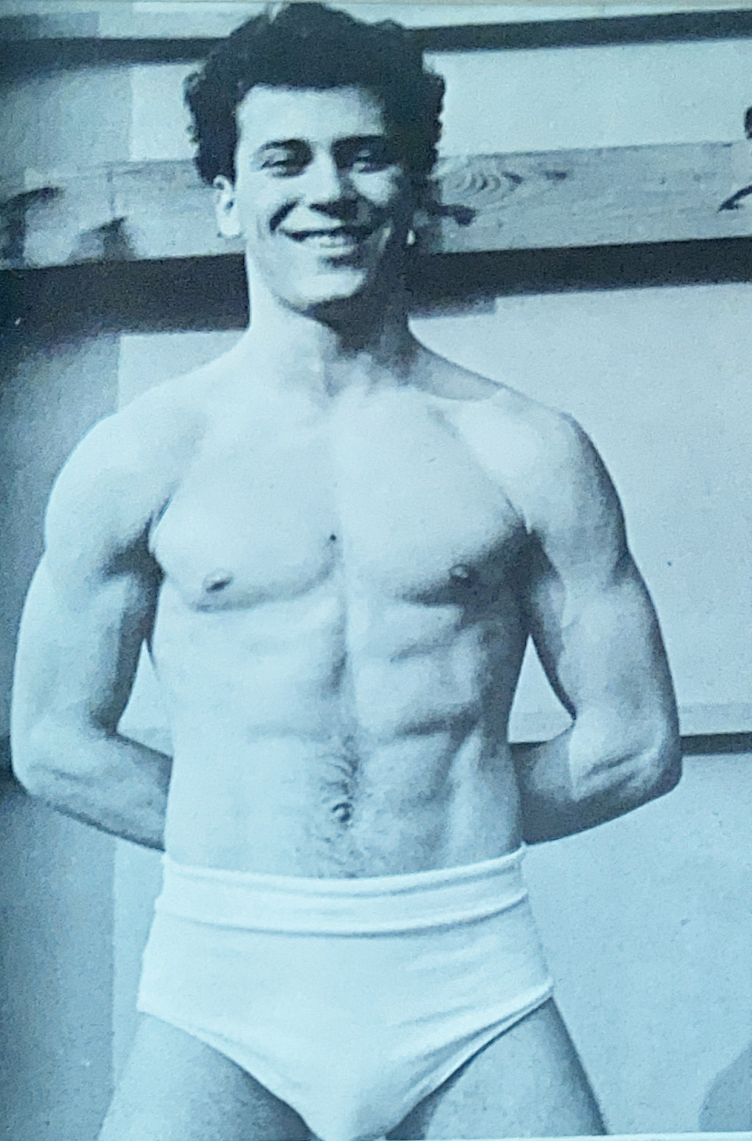
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tm presents NEW FACES



BESIDES bodybuilding, Ron Sharp (above) rounds out his activities with boxing and skiing, both water and snow. Ron, 18, also aspires to be an actor. Photo by KEN WALLACE.

SHOWING real power in this interesting outdoor shot is Adrian Sanz, 19, of Argentina. Barbells are boosting him up the ladder of bodybuilding success. Photo by M. O. GUERRA.



GEORGE STOKES (upper right) is now working for a little more bulk and definition. Just 3 sessions a week with barbells will do it for him. Photo by **SCOTT.**

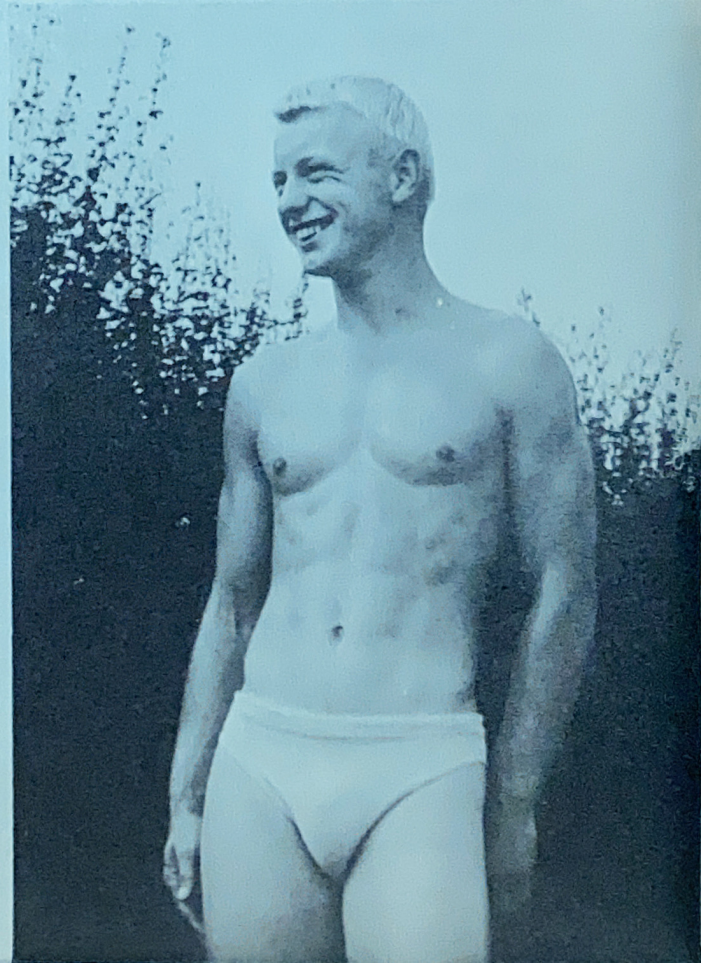
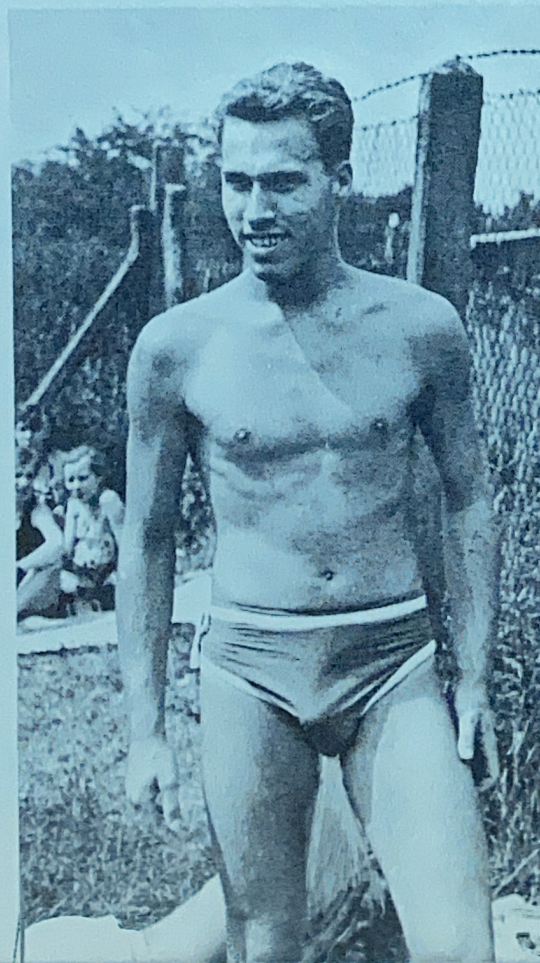


WOLF SAMAY, 19 (upper left) has great possibilities. He will be real competition for the established physique stars before long. Photo by **BOB ANTHONY.**



ALAN DAWSON (lower right) finds bodybuilding a great help in football and swimming. Many of the world's best athletes train with barbells. Photo by **BOND.**

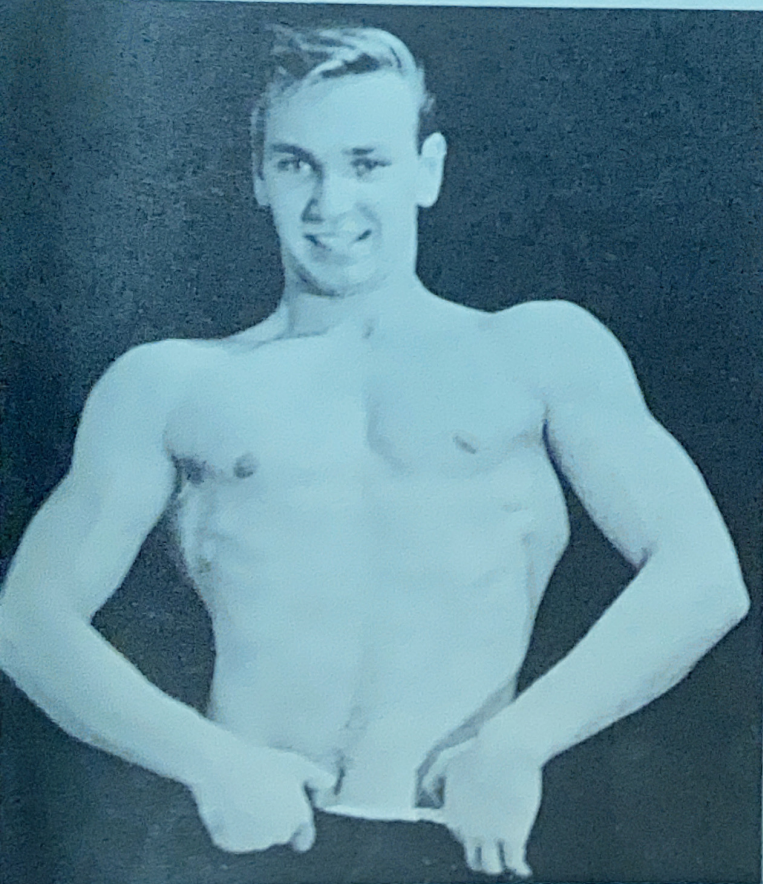
LOUIS KIRCHNER (below left) is beginning to see the results of his training. Each workout will bring him closer to his goal. Photo by **TOMOZ.**





PER-AKE ROOS is deep-chested and has a pair of power-packed arms. He has a bright future ahead. Photo by **STAN**.

HERBERT RIVELY, JR. has trained at home with barbells for 2 years. He has developed an impressive physique.



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REQUESTS for photos of, or information about, models appearing in TM should be addressed to photographers listed below as well as all inquiries about catalogs of other available models. **ON CATALOGS, \$1 USUALLY COVERS MAILING COSTS.**

APOLLO: 5880 Hollywood Blvd., Hollywood 28, Calif.

Bob ANTHONY: For address see ad Page 20.

Studio ARAX: 31 Blvd. Respail, Paris VIIe, France. (Note: No catalogs available. Prints \$1.00 each with a minimum order of 6 at one time.)

ATELIER ALPHA: Box 6239, Johannesburg, South Africa.

BM/VADC: London W. C. 1, England.

BOND: 7 Welch Road, Cheltenham, Gloucestershire, England.

BRUCE: For address see ad Page 22.

DeZIGN: P. O. Box 7403, Benj. Franklin Sta., Wash. 4, D. C.

DOMENIQUE: Suite 4, 119 Oxford St., London W. 1, England.

FLORIDA MODEL GUILD: Box 33-331, Coconut Grove 33, Fla.

Nicola GHEZZI: Via Ludovico da Viadana 9, Milano, Italy.

HILLS: For address see ad Page 32.

JOCK Studio: P. O. Box 404, Johannesburg, Transvaal, South Africa.

OLYMPIA: For address see ad Page 20.

MARK-ONE: Box 32, Lachine, Quebec, Canada.

MILO: 601 S. Vermont Ave., Los Angeles 5, Calif.

MODERN CLASSICS: 607 Market St., San Francisco 3, Calif.

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THIS unusual photo was taken during a posing and muscle control exhibition by Nick Edolo at a recent physique contest. It shows the muscularity of his traps, deltoids and pecs. Photo by DOUG WHITE.

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**FOR THAT HEALTHY
BRONZE TAN**

SPECIALLY FORMULATED
FOR BODYBUILDERS AND
SUN WORSHIPPERS

- **INVISIBLE** • **GREASELESS**
- **VANISHING**

Pleasant and Refreshing
to Use
Scientifically Prepared

TM's Suntan Lotion Will
Help You Attain a Rich
Healthy Tan

Comes to You in a Smart,
Unbreakable, Easy to Handle
Plastic Container

ECONOMY SIZE
NOW ECONOMY PRICED
SPECIAL OFFER—\$1.00



TOMORROW'S MAN

150 Lafayette St., N. Y. 13, N. Y.

8

Send me BOTTLES OF TM's
SUNTAN LOTION AT \$1.00 PER
BOTTLE, FULLY PREPAID

Name

Address

City Zone State

FREE! BODYBUILDING CONSULTATION

Now, receive individual attention in solving your personal bodybuilding problems . . .

How would you like to have a "helping" hand in building a more powerful, more muscular, more classically-shaped physique? How would you like to save weeks, months or even years of effort in getting the kind of muscular development you want? How would you like to have all your questions answered and problems about bodybuilding solved, personally, by mail and FREE of extra cost?

You can have all this and more—with TM's new SILVER JUBILEE BARBELL set! TM's staff of physical culture consultants stand ready to help you at every step of your bodybuilding program. Ask all the

questions you want on bodybuilding—each will be answered, personally by mail—FREE!

This astounding offer is being made to introduce you to TM's new SILVER JUBILEE BARBELL set—the most beautiful exercise outfit ever designed!

No longer do you have to guess at how to build your body—TM will give you individual attention whenever you find a problem comes up. Unlike others, TM doesn't just sell you a barbell set and then forget about you—once you become the owner of a SILVER JUBILEE set, you become a TM pupil for life!

...and that's not all!

In addition, you get these extra big offers—

AT NO EXTRA COST!—



Famous STEVE WENGRYN used TM's methods to build his super body.

Free!

Free!

Free!

Free!

Big course of instructions with over 150 "double-action" illustrations—showing you how to do exercises for every part of your body! Exercises for your arms, chest, neck, legs, back—they're all here! Not one part of your physique is overlooked!

Giant wall chart with more "double-action" illustrations, making it so easy you just can't fail to build the kind of body you want! Just tack it up in front of you as you train. It's like having an instructor at your side! Both the course and this chart, an amazing \$3 value—Yours FREE!

TM's "TRIPLE-POWERED" WEIGHT GAINING SYSTEM—for those who need to gain weight in a hurry! Gives the latest, scientific information on how to pack on solid, healthy weight—FAST! A big \$1 value—Yours FREE!

A big 30-day supply of TM's world-famous SUPER PROTEIN to help you get results faster—to help give your muscles greater "hardness" and "blade-sharp" definition! A fantastic \$3.50 value—Yours FREE!

GIVEN WITH TM's

SILVER JUBILEE BARBELL SET!

the finest bodybuilding outfit ever designed

HERE'S QUALITY YOU CAN'T BEAT!

Compare TM's SILVER JUBILEE with any other set and you won't be able to match these features . . .

1. Each SILVER JUBILEE barbell plate is guaranteed for life against breakage or chipping! Plates of other makes are very often made with inferior metal and because of this are liable to break or chip when dropped accidentally. But with SILVER JUBILEE plates, a special manufacturing process insures giving them the highest quality possible. A higher percentage of steel is used, giving them greater tensile strength or "hardness."

2. You save from 25% to 40% over what you would pay for a comparable set anywhere else. You get TM's SILVER JUBILEE barbells at bargain rates!

3. It is the most beautiful set ever designed. The plates come in shining silver enamel and the bars, handles and collars come in bright blue enamel. It's a "knock-out"! Just looking at it will make you want to start training at once!

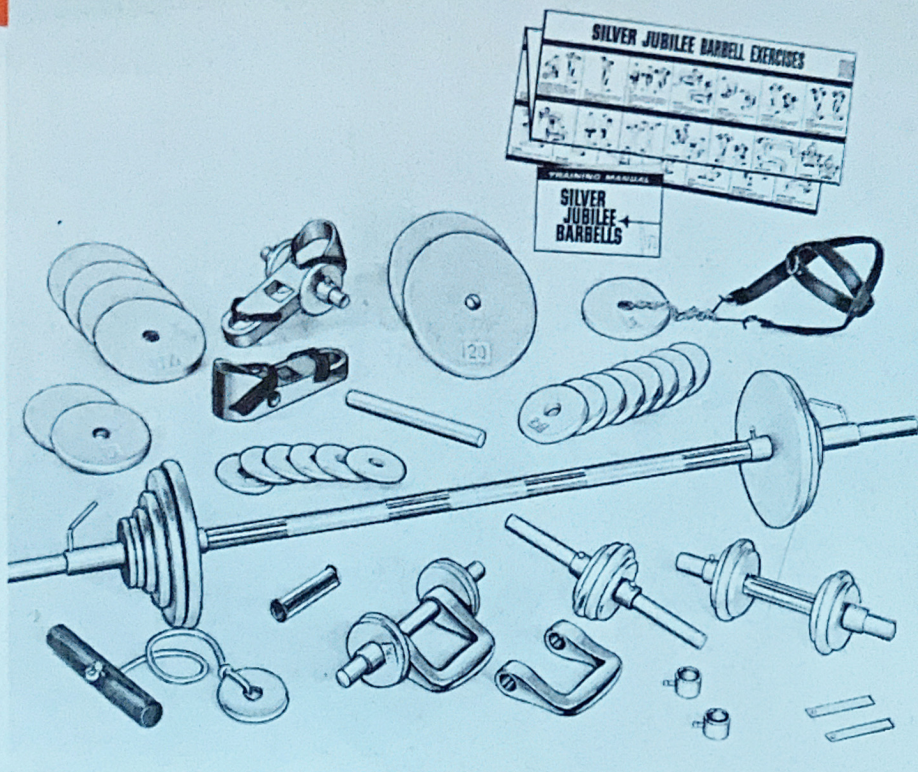
YOUR MONEY-SAVING CHOICE OF 2 SETS

59-PIECE FULL COMBINATION SET: (Pictured above) Weighs about 225 lbs. Comes with 5' solid steel bar with chrome-plated, knurled revolving sleeve. Dumbbell set with 14" solid steel bars—also with revolving sleeves. Kettlebell combination set. Headstrap. Wrist roller. 2 iron shoes. Two kettlebell bars. 14" swingbell bar. A complete assortment of 1 1/4, 2 1/2, 5, 7 1/2 and 20 lb. plates. Collars for barbell, dumbbell, swingbell, etc. Plus all free offers;

training manual, wall-chart, weight-gaining course, Super-Protein, and lifetime bodybuilding consultation. Bargain priced at \$42.50.

41-PIECE SEMI-COMBINATION SET: Weighs about 115 lbs. Consists of barbell, dumbbells—both with revolving sleeves. Also kettlebell set, headstrap, wrist roller and all free offers. Great for starting off. A bargain at \$28.95.

So why put it off any longer?—Take advantage of the big, free offers while they are still available. Get started now and build new, powerful muscle in 5 weeks!



It's easy to order
—Just fill out the
coupon, detach and
mail it

**TODAY!
ACT NOW!—**

While you're still
thinking about it!

*JIMMY CASSIDY,
another outstanding
TM pupil.*

TOMORROW'S MAN

150 Lafayette St., New York 13, N. Y.

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Yes! I want to build up my body FAST—Enclosed is \$.....
Send me (check one):

- ☐ 225 lb. 59-Piece Complete Combination Set—\$42.50
☐ 115 lb. 41-Piece Semi-Combination Set—\$28.95

Also include free offers: Training Manual, Giant Wall Chart, "Triple-Powered" Weight-Gaining Course and a 30-day supply of TM's Super Protein. In addition, I understand I will also receive free bodybuilding consultation, by mail, when I want it.

Name.....
(please print)

Address.....

City.....Zone.....State.....

No C.O.D.'s—All sets sent F. O. B. NEW JERSEY

KEEPING fit is all-important to Richard LaMont. He follows a regular bodybuilding routine. Photo by THE SOPHISTICATE.



PHOTOGRAPHIC MASTERPIECES OF THE MALE FIGURE



Send \$1 for latest series of artistic male figure studies for art students, sculptors, etc. Or 9 catalogs (3 to 11) for only \$8. Two FREE 8x10 physique portraits included in the 9 catalog order!

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TOMORROW'S MAN

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Enter my TM subscription for1 year
at \$3.50;2 years at \$6.50, and send
the Free Gift Photo. Start with issue.

NAME.....

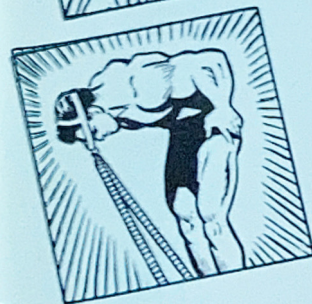
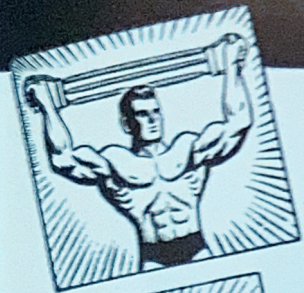
ADDRESS.....

CITY.....ZONE.....STATE.....

**BUILD
A**

"mr. universe"

PHYSIQUE IN "JET-SPEED" TIME!



BUILD big powerful arms and a crushing grip. Pack smashing strength into your forearms. Develop wrists of steel—all with the special equipment that comes with TM's HOME GYM set!

BUILD a deep chest and a mighty back with the chest and back expanders you get with your HOME GYM. Transform your shallow chest into one that fills your clothes completely!

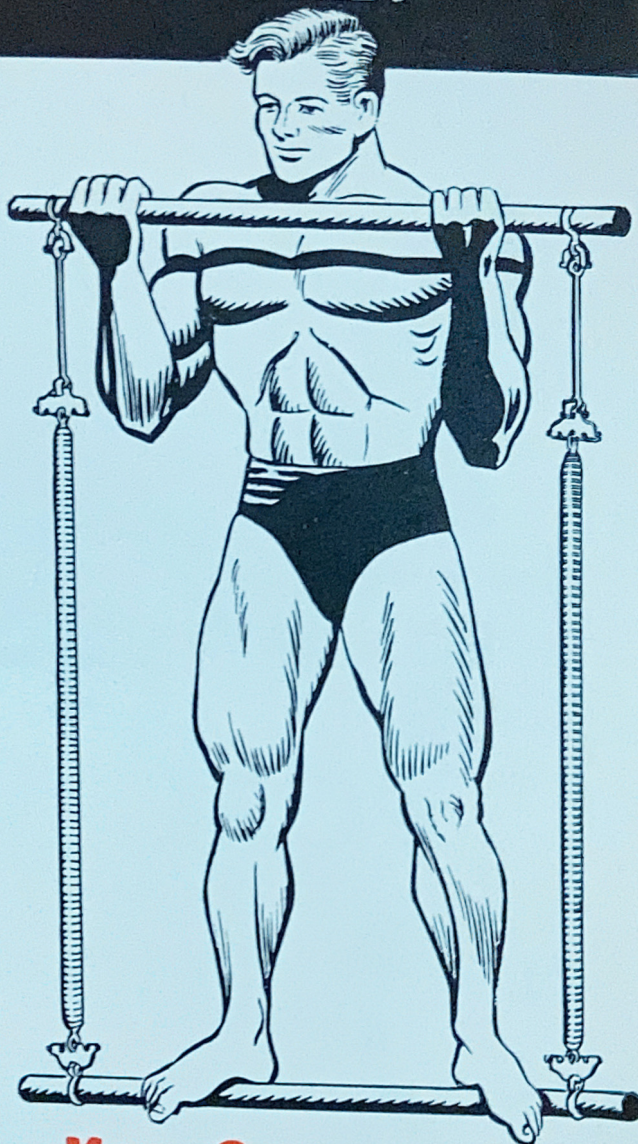
BUILD w-i-d-e shoulders and a herculean neck. TM's HOME GYM has exclusive attachments that will broaden your shoulders and add inches to the front, sides and back of your neck—FAST!

BUILD up your legs to powerhouse proportions—fill them with super-spring action. You'll develop muscles in your physique that no other apparatus can get at with TM's world-famous HOME GYM. ORDER A SET TODAY!

YOUR HOME GYM

six-way "barbell" set is made of finest steel-tensioned springs with metal fittings and attachments that will last a lifetime!

IT'S EASY TO USE—COMPACT—PORTABLE. . . . Take it with you anywhere and everywhere; on any trip or vacation. Never a space problem with it.



YOU GET

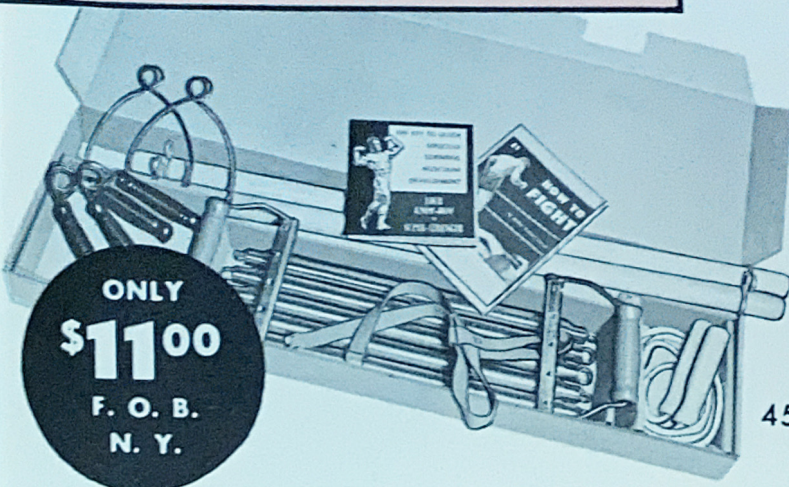
1. Pair of Hand Grips. 2. Five Cable Chest Pulls. 3. Wall Pull Exerciser. 4. One Arm Dumbbell. 5. Rowing machine. 6. Barbell Combination. PLUS!—Foot Stirrups . . . Skip Rope . . . Head Strap . . . all extras to help you build even more rugged strength and shape!

FREE!

FREE!

Complete course of cable exercises with detailed Picture-Chart instructions.

Big 96 page book "HOW TO FIGHT." Teaches self-defense. Fully illustrated.



ONLY
\$11.00

F. O. B.
N. Y.

MAIL COUPON NOW!

TOMORROW'S MAN

150 Lafayette St., New York 13, N. Y.

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Rush me your complete HOME GYM as described above. Enclosed find \$.....
(Price \$11.00—F.O.B., N. Y.—No C.O.D.'s).

Name.....

Address.....

City..... Zone..... State.....



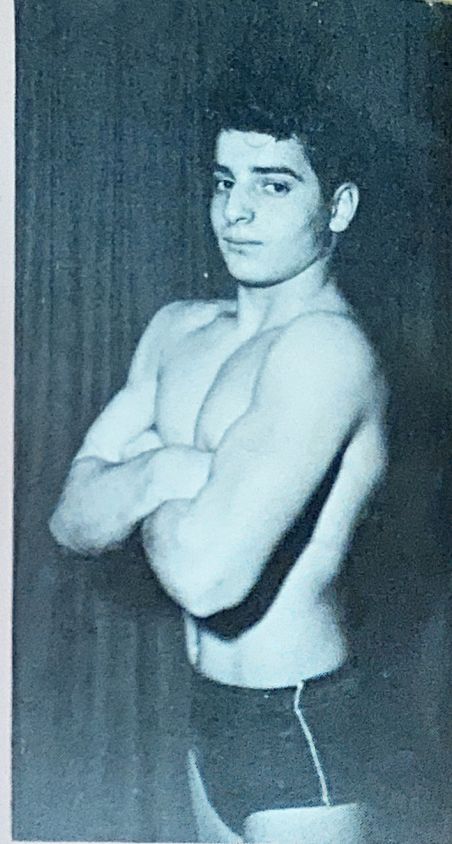
"Douglas Knight is only 14."

Henry J. Connolly
LONG ISLAND



"I have a 45" chest."

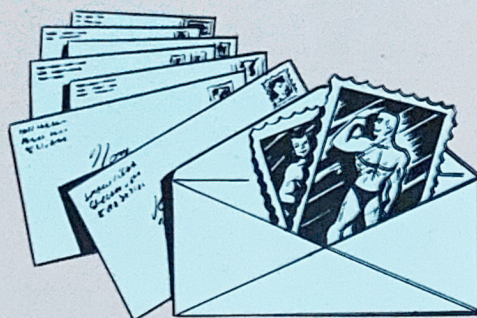
Charles Badolato
NEW YORK



"I'm 13 years old."

James Colella
NEW YORK

POST



MARKS

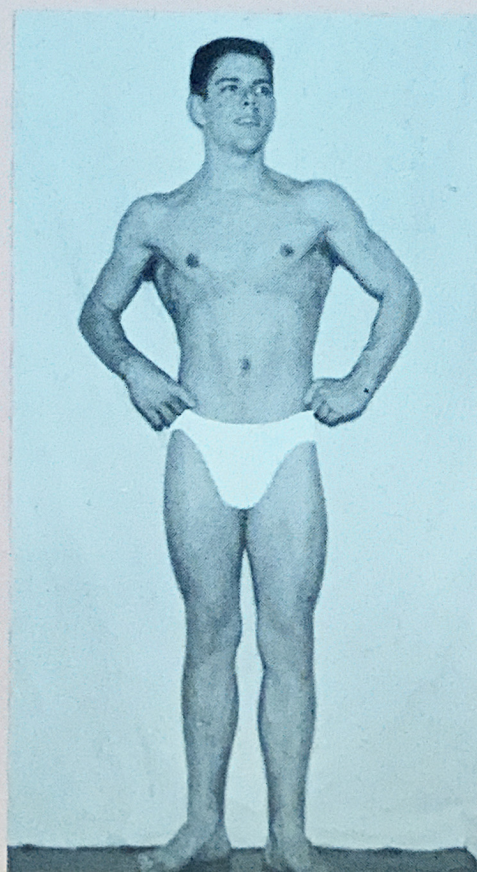
"I'm a bodybuilder and model."

Deryl Jordan
TEXAS



"I follow TM's methods."

Henry Lee Hixson
SOUTH CAROLINA



"I train with cables."

William Hanlan
WISCONSIN



HERE are two new photos of Niels Otto who appeared on the June Front Cover. Niels, of course, is a weight training enthusiast and he is working hard to improve his already magnificent physique. Niels, 6', 185 lbs., has great strength and stamina and is a star all-around athlete. Photo by ATELIER ALPHA.



TOMORROW'S **TM** MAN



**Back Cover
Man
See Page 3**

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in
U.S.A.**